



SOCIAL WORK NEWSLETTER

January 2018

Value of Exercise

Research shows us that exercise is one of the few simple things that patients have control over that actually has power to do all of the following:

- Boost energy
- Help control blood pressure
- Strengthen muscles
- Elevate mood and reduce depression
- Reduce the risk of heart attack
- Better weight control
- Increased flexibility of joints and strength of muscles
- Fewer falls
- Improvement in sleep patterns

So, if you are looking for a way that you can feel better while on dialysis try exercising. Talk to your doctor about any limitations for your exercise regime. Start slow and gradually work up.

In Home Care

Needing assistance at home? There are 3 options for home care depending on your income.

First, for persons with **Medi-Cal** there is In Home Supportive Services (IHSS) which can be applied for by calling (877) 800-4544. These county paid services allows either a person you know to get paid for assisting you OR you can choose from certified IHSS workers.

The amount of hours per month allowed is based on your need for care.

Secondly, if your income is too high for Medi-Cal then **Privately paid** care is available. Typically it runs from \$22 to \$26 per hour.

Lastly, if you are a disabled veteran then you could qualify for **VA aid and attendance** benefit. Talk to your VA social worker about whether you qualify and how to apply.

Photography on Dialysis

No photography is allowed whatsoever in the dialysis clinic. Whether on a phone, ipad, camera or any other device there are no photos allowed. We must respect confidentiality of other people here at the clinic. Please do not take photos or video while at dialysis.

Check Out Our Website

Previous issues of the Social work newsletter, upcoming events, information on your health care team and Desert Cities Dialysis unit news. Go to: www.desertcitiesdialysis.com

Safety Net Grants

American Kidney Fund is still accepting grant applications. Their grant is to assist patients with dialysis related expenses. Limit of \$100 per year per patient. Talk to your social worker about applying for assistance paying for medications, transportation, or other health related expenses. For those who have applied already, there is a delay in processing.

Health Insurance Premium Payment

The American Kidney Fund also has a grant to assist patients in paying for health insurance. Eligibility for this program includes:

- 1) Premium is NOT automatically deducted from your social security.
- 2) After your basic bills are paid, you have less than \$500 left over.
- 3) You have no liquid assets over \$3000 that could be used to pay the premium.

Please talk to your social worker if you meet these three requirements.



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Grief and Loss

Persons on dialysis are experiencing many losses. Loss of freedom, loss of health, loss of finances, loss of friends, loss of abilities, sometimes loss of intimate relationships and many more.

In addition, sometimes we lose loved ones or important people in our lives. Loss can result in overwhelming sadness or anger.

If you have lost a loved one and are having difficulty coping, there are local support groups for grief and loss. Please talk with your social worker for support locally to be there in your time of need.

Renal Support Network

HOPEline Peer Support Phone Line

(800) 579-1970

Log onto www.rsnhope.org for events, online support and coffee chats for dialysis patients. Don't suffer through this alone, reach out and connect.

Home Health Services

Your insurance typically covers for medical services in the home that cannot be provided at the dialysis center. Talk to your social worker about services you may need your Doctor to order:

Wound Care- If you have an opening in your skin of any kind that needs care.

Evaluation- Check your medications, blood pressure, and evaluate your health needs for recommendations to you and your doctor.

Physical Therapy-Help improve your strength, balance, endurance. Also, proper transfer of yourself or your caregiver to prevent injuries.

If You Know of Abuse or Suspect Abuse

There are government agencies designed to protect vulnerable groups such as children, elderly and disabled. Dialysis patients generally are considered disabled and fall into that protected group. Abuse can happen anywhere, at a nursing home, at home, assisted living facilities or in public places.

Child Abuse Hotline: (800) 827-8724

Elder Abuse/Disabled Adult Hotline: (877) 565-2020

Nursing Home or Residential Care Facility Hotline: (866)229-0284

Copays for Medications

Social workers are applying for persons who need assistance with paying copays. Programs exist that can help you. Please let your social worker know if you are having trouble affording your copay, or if your copay seems higher than it should be. We have already identified some individuals who we expect to be hitting the "donut hole" this year and we will be approaching you with options.

Humor



Meet Mr. Bates, our perfect patient. He controls his fluid levels by not drinking and his potassium, cholesterol and phosphates by not eating.