



SOCIAL WORK NEWSLETTER

February 2019

Vocational Rehabilitation

If you are interested in returning to work but do not have the job skills or your health interferes with working, then Vocational Rehabilitation is the program for you! It retrains, teaches skills, provides modifications, and assists in managing disabilities in the workplace, pays for schooling or trade school. Contact your Local Vocational Rehabilitation office and fill out an application to begin services: (760) 243-6024 15415 W. Sand Street - Second Floor in Victorville. *This program is free training, schooling and equipment for disabled persons.*

Ticket to Work Through Social Security

You can work without losing benefits! In a total of 60 months, out of that time they allow you to make a “liveable wage” for 9 months without penalty to your SSDI. You will not lose your income or Medical benefits. Be Aware that if you are on SSI, it will directly impact your monthly check but you can still keep benefits while working.

Community Action Partnership of San Bernardino

A comprehensive program to help low income persons in need. They have a weatherization program, food donations, and utility/rental assistance. Contact their office at (909) 723-1500.

Renal Support Network

HOPEline Peer Support Phone Line
(800) 579-1970
Don't suffer through this alone, reach out and connect.

CARE Low Income Utility 20% Discount

Number of People in Household	Total Gross Annual Household Income*
1-2	\$32,920 or less
3	\$41,560 or less
4	\$50,200 or less
5	\$58,840 or less
6	\$67,480 or less
7	\$76,120 or less
8	\$84,760 or less

If your income is in this range, call the numbers below to sign up for the CARE program with your Electricity and Gas. So. Cal. Edison (800) 950-2356
SW Gas (877) 860-6020

American Kidney Fund

Safety Net Grants are active again. If it has been 1 year, let your social worker know it is time to reapply! Or if you need help paying for transportation back and forth to dialysis, see if you qualify. AKF also has a Health Insurance Premium Payment program. If you pay insurance separately from your Social Security check, talk to your social workers and see if you qualify.

Humor

HEMODIALYSIS BELT FOR THE THIRSTY



Lori Janes-Hartwell



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KIDNEY TRANSPLANT GUIDE

Speaking Up and Asking Questions: Talk to your doctor, dialysis team, family, friends, and someone who's had a transplant. If you are healthy enough and you meet transplant requirements, a kidney transplant is a better treatment than dialysis. If you do not meet transplant requirements at one facility, ask why and apply to another. Requirements vary from facility to facility.

Get Evaluated: Your dialysis team can help you make an evaluation appointment. Bring a friend or family member along. You'll meet with a transplant doctor, nurse, social worker, and dietitian. Keep booklets or pamphlets for reference after your visit.

Identify Living Donors: You don't need to have a living donor to be placed on the transplant waiting list, but a living donor kidney can shorten your wait time and can work longer than one from a deceased donor. Let potential donors know to contact your transplant center directly. Your transplant center can help your living donor apply for help with travel costs.

Ask about Expanded Criteria Donor Kidneys: Expanded criteria donor (ECD) kidneys are transplantable deceased donor kidneys whose function is not ideal but can provide renal function to individuals who may not otherwise be qualified to be transplanted. The life expectancy of an ECD kidney is six to eight years.

Get on Multiple Waiting Lists: Being on more than one wait list can increase your chances of being matched with a donor. Discuss the benefits of wait listing with more than one facility with your doctor and transplant coordinator.

Ask for Help: Your *dialysis team* can help you with making appointments for your evaluation or for other tests you may need. Forwarding copies of your medical records to the transplant center, with your permission, especially for your first appointment. Helping you reach and maintain good health and body weight. Communicating with your transplant team.

Be Timely with Testing: If you stick to the testing timeline and the transplant team finds your test results, health, insurance, and compliance with your dialysis treatments to be satisfactory, you may be listed. If your test results are not good, or you do not comply with your dialysis treatments and medications, you may not be listed. Either way you will be notified in writing of the transplant center's decision and your options.

Stay in Touch, Stay Healthy: Stay in touch with your transplant coordinator.. While you're waiting, remember that it's important to be in the best health condition possible before your transplant surgery.

The Transplant Team Can: Tell you the tests you will need. Help you with making appointments for tests. Inform you about how a kidney transplant will affect your finances. Assist you with understanding how a kidney transplant will help you and the process. Tell you what to do if your situation changes. Let you know what your rights and responsibilities are.

Helpful Resources

United Network for Organ Sharing Phone: 888.894.6361 Website: www.unos.org

National Kidney Foundation Phone: 855.653.2273 Website: www.kidney.org

Coalition on Donation Phone: 800.782.4920 Website: www.shareyourlife.org

American Kidney Fund Phone: 800.638.8299 Website: www.kidneyfund.org

National Alliance on Mental Illness Phone: 800.950.6264 Website: www.nami.org
