



**Peer
Up!**

**TOGETHER
MAKES US
BETTER**

**A peer support
program created
just for you!**





peer \ˈpɪr\ noun
a person who is equal to another
in abilities, qualifications, age,
background, and social status

**Have you ever wanted to talk
to someone who understands
what it is like to be on dialysis?**

**Have you ever wanted to help
others by sharing your own
experience with kidney disease?**

What is Peer Up!?

Peer Up! is a new peer mentoring program that may help dialysis patients support and learn from each other.

Peer Up! will pair people together to meet one-on-one to share information and support. Pairs will consist of a mentor and a mentee. A mentor is usually someone who has more experience with dialysis who can help someone with less dialysis experience learn and adjust.

How does *Peer Up!* work?

The *Peer Up!* program will run for several months. Pairs will talk at least once per week during the program. The conversations can be in person or on the phone, but pairs should meet face-to-face at least 2 times per month. Meetings can be at the clinic or at another location that works for both people.

How do I join *Peer Up!*?

Peer Up! is an exciting, new program and we need your help to make it a success at our facility! To be a part of the program, you must complete an application and be selected. Information from the application, like treatment schedule, hobbies, and personal preferences, will be used to pair people together.



**Do you want to
learn ways to care
for your health
and stay out of the
hospital?**



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Would I be a mentor or mentee?

MENTORS

- Have you been on dialysis for 1 year or more with at least 6 months of your treatment done in-center?
- Do you like to talk to other people and share your story?
- Do you like to help others?
- Are you willing to set aside time to meet with another person, in person and by phone?
- Are you willing to complete training to become a mentor?

* If you answered yes to **all** of these questions, you could be a mentor!

MENTEES

- Are you new to dialysis, or this facility, or would you just like to talk to another person who knows what dialysis is like?
- Do you like to learn new information?
- Do you think talking to another person on dialysis might help you?
- Do you sometimes find it hard to take care of yourself?
- Are you willing to set aside time to meet with another person, in person and by phone?

* If you answered yes to **all** of these questions, you could be a mentee!



What else do I need to know?

- Members of *Peer Up!* will be able to use educational resources made especially for the program.
- Participants will learn ways to care for their health, help each other, and stay out of the hospital.
- Because this is a special program, the number of people who can participate in *Peer Up!* is limited.

Contact your social worker for more information.

We need you to make
this program a success.
**Talk with your social
worker about applying
today.**

Space is limited, so apply early
before *Peer Up!* fills up!

**Where can I get
more information?**

Talk to a staff person to discuss the
Peer Up! program, get more information,
and have your questions answered.