A peer support program created just for you!
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.

**peer** noun
a person who is equal to another in abilities, qualifications, age, background, and social status
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?
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.