

PATIENT



Insights

A Quality Insights Renal Network 5 Newsletter

Active People Just Like You!



Quality
Insights
Renal Network 5

Several of our Patient Advisory Committee (PAC) members helped create a short video where they talk about their experiences with employment. Latitia Felus, Artemeshia Adams, Doranta Briggs, and David White spoke about why it was important to them to be employed and how they took advantage of community work resources. View the video on YouTube at



<https://www.youtube.com/watch?v=NfBO56jXec0&feature=youtu.be>.

Each found services provided by the Ticket to Work program (choosework.ssa.gov) to be helpful. Dave appreciates the individualized services. They get to know the person to identify his/her goals and needs in order to best match them individual

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Quality Insights
Renal Network 5

300 Arboretum Place
Suite 310
Richmond, VA 23236

Phone:
804.320.0004
Fax: 804.320.5918
Patient Toll-Free:
1.866.651.6272

Website:
www.qirn5.org



elerts is the Network's electronic newsletter.

Twice a month you get:

- ☛ Network project updates
- ☛ The latest news from the kidney disease field
- ☛ Upcoming patient events

Sign up today at www.qirn5.org/Contact-Us/e-lerts-Sign-Up-Form.aspx.



- ↳ Ask your facility what Network projects it is enrolled in and offer to help.
- ↳ If you don't have access to a computer, ask your dialysis team to print online information you see here.
- ↳ Get access to more information about events and opportunities. Join our distribution list! Share your email with Renée Bova-Collis at rbovacollis@nw5.esrd.net or 804-320-0004, ext. 2705.
- ↳ Share this information with your peers.

People Like You (Continued from page 1)

with services and employers. Doranta found the one-on-one counseling to be most helpful. The counselors can help direct you to the most appropriate resources. They can also help you understand how your benefits might be impacted and help you make a plan to protect them. Latitia received help with reasonable accommodations so that she was able to do her treatment and keep her job. Artemeshia's counselor role-played interviews with her, which helped her to know she could physically get through it.

You can see more videos of these wonderful people and their kidney journey on *The Forever is Tomorrow Foundation* YouTube channel (click on their videos list).

Gainful Employment

Employment is more than just a job. Working is a part of how we define ourselves in our family, among our friends, and within our community. There are many benefits people with renal disease get from working.

- ☞ Dialysis patients who work do a lot better physically, emotionally, financially, and socially.
- ☞ Working patients have fewer urgent care needs and are generally less stressed and depressed.
- ☞ Working patients are better off financially. People on Social Security Disability Income (SSDI) receive a small fraction of their previous income. Those who receive Supplemental Security Income (SSI) only get enough cash to help meet basic needs for food, clothing, and shelter.

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Gainful Employment *(Continued from page 2)*

In-center hemodialysis is the least "work friendly" option for dialysis. Because of the difficulty of juggling work and the dialysis schedule, it's not surprising that people quit their jobs or take paid or unpaid leave. Here are some tips to help you keep or access employment:

- ☞ Explore home dialysis options. It offers flexibility. Studies show that patients who do home dialysis have fewer complications, are healthier, enjoy fewer diet restrictions, and have a greater quality of life.
- ☞ When looking into work options, consider making your FIRST stop the Ticket to Work Program. Counselors are able to explain how the income/budget formula works, how it affects your benefits, what work-related expenses might be excluded from your income, and how to maximize your benefits. They are also knowledgeable about other Social Security work incentive programs. Speak to a counselor by calling the Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY). You can also find more information about work incentives for people with disabilities at <https://choosework.ssa.gov/about/work-incentives>.
- ☞ Now is as good a time as any to pursue a degree. Whether you want to finish high school, get a college degree, or retrain for employment, the time you spend on dialysis makes for great study time! Find a list of education resources on our website at <https://www.qirn5.org/Patients-Families/Education-Resources/Vocational-Rehabilitation/Schooling.aspx>.

Social Media



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Grievances



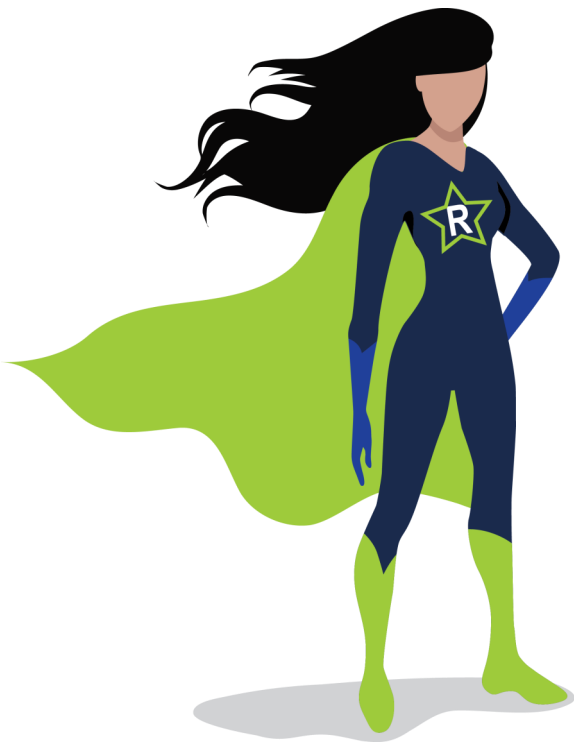
The Network is available to handle patient concerns. To file a grievance, please contact Quality Insights Renal Network 5 at

Patient Toll-Free
Phone:
1-866-651-6272

Email:
qirn5@nw5.esrd.net

Mail: 300 Arboretum Pl.
Suite 310
Richmond, VA 23236

Web: www.qirn5.org



Resources to the Rescue!

☞ My Life, My Dialysis Choice

An online tool that helps match the best treatment options to your needs and values: <https://mydialysischoice.org/>

☞ LifeOptions

A website devoted to vocational rehabilitation for the kidney disease patient. It's an invaluable resource! www.lifeoptions.org

☞ Patient-to-Patient Videos

View videos of Network 5 patients talking about employment!
https://www.youtube.com/results?search_query=forever+is+tomorrow+foundation

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Renal Network 5

300 ARBORETUM PL STE 310
RICHMOND, VA 23236

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