



## NETWORK OF NEW ENGLAND

30 HAZEL TERRACE  
WOODBRIDGE, CT 06525  
WWW.NETWORKOFNEWENGLAND.ORG

ISSUE 21 | SEPTEMBER | 2011



DO YOU WANT TO KNOW ABOUT A SPECIFIC TOPIC?  
SUBMIT SUGGESTIONS TO:

AMBER BORGES  
PATIENT SERVICES COORDINATOR  
ABORGES@NW1.ESRD.NET



DANIELLE DALEY  
COMMUNITY DEVELOPMENT COORDINATOR  
DDALEY@NW1.ESRD.NET

OR CALL  
866-286-3773 TOLL FREE PATIENT LINE

HELPFUL TIPS TO EMPOWER  
DIALYSIS PATIENTS

# Kidney Chronicles

## SUPPORT GROUPS Know Your Resources



In a support group, members provide each other with various types of help for a particular shared concern. The help may take the form of providing and evaluating recent information, relating personal experiences, listening to and accepting others' experiences, providing sympathetic understanding and establishing social networks. A support group may also work to inform the public or engage in advocacy.

There are few localized support groups for dialysis patients because many patients do not participate. Patients report being at the dialysis facility for so long that they do not want to spend additional time at a group meeting. However, there are several educational support groups available. Here is a listing of **SOME**, but not all, educational support groups are for patients with renal disease.

### National Kidney Foundation (NKF) Coffeehouse Conversations™

<http://www.kidney.org/coffeehouse/>

To empower and educate people affected by diabetes and chronic kidney disease (CKD), the National Kidney Foundation's People Like Us offers Coffee House Conversations™ telephone calls. On these free, interactive telephone calls, you will hear from experts, and be given an opportunity to ask questions.

### American Association of Kidney Patients (AAKP) HealthLine

<http://www.aakp.org/events/HealthLine/>

The **AAKP HealthLine** is a **FREE** educational, interactive program provided by AAKP to help you and your loved

ones cope with the physical, emotional and social impact of kidney disease. AAKP HealthLine is a **FREE**, one-hour conference call designed to educate you on a variety of topics affecting kidney patients and their families. Conference calls feature kidney healthcare experts from across the country and provide you with the convenience of gaining knowledge from the comfort of your home or office. Time is provided at the end of each call for participant questions.

All conference calls are organized by AAKP and feature leading healthcare professionals. Participation is **FREE** and no phone charges apply. Call (800) 749-AAKP to register for a conference call.

*continued on page 2*

**Editor's Note** Due to the important subject matter, and number of available resources for support groups, **Kidney Questions???** was not included in this issue. Please look for it next month.

---

*continued from page 1*

**Medical Education Institute, inc. (MEI) Kidney School**  
<http://www.kidneyschool.org>

Kidney School is a comprehensive online education program for people who want to learn how to manage and live with chronic kidney disease (stages 3–5). It was developed to:

1. Offer up-to-date research-based information.
2. Help people learn what to expect and what questions to ask.
3. Provide the tools patients need to self-manage their care so they can stay healthier and keep doing the activities they enjoy.

Kidney School is a program of MEI. Since it was first launched in 2002, Kidney School has grown to become one of the largest chronic kidney disease (CKD) education programs in the world, and is recommended by dialysis professionals all across the U.S.

**Medical Education Institute, inc. (MEI) Home dialysis Central**  
<http://www.homedialysis.org/>

Home Dialysis Central is a one-stop, online source of up-to-date, unbiased information about home dialysis - in all its

forms - for people with kidney disease, their families, and the healthcare professionals who provide kidney disease care.

MEI created and developed Home Dialysis Central. MEI coordinated the research, design, development, programming, testing, maintenance, and promotion of Home Dialysis Central. MEI is a non-profit organization with the mission of helping people with chronic disease learn to manage and improve their health. MEI has nearly fifteen years of experience in national program management in the renal community.

**Renal Support Network (RSN)**  
<http://www.rsnhope.org/>

Renal Support Network (RSN) is a nonprofit, patient-focused, patient-run organization that provides non-medical services to those affected by chronic kidney disease (CKD). RSN strives to help patients develop their personal coping skills, special talents, and employability by educating and empowering them (and their family members) to take control of the course and management of the disease. A vital role of RSN is to provide lawmakers and policymakers with the patients' perspective on the needs and capabilities of people with CKD. Below are just a few programs RSN offers, visit

their website for additional information.

◆ **HOPEline** - A toll-free call-in line offering patient-to-patient encouragement and support from operators who have lived successfully with chronic kidney disease. HOPEline en Español is available for Spanish-speakers.

◆ **Communication Prescription**, - Demonstrates how to better understand and communicate with people who need dialysis. This video education program shares practical advice, creative communication concepts, insight and several stories of hope from people who live with kidney disease and from veteran renal care professionals.

◆ **Patient Lifestyle Meetings** - For the past several years, RSN has hosted Patient Lifestyle Meetings (PLM) across United States (at no charge), attended by people with chronic kidney disease (CKD) and their family members.

At these meetings, healthcare professionals and renal patients - on dialysis or with a kidney transplant - speak on life-enhancement and illness-related issues relevant to living a fulfilling life despite renal disease.