ESRD Peer Mentoring Resources

There are many peer mentor programs across the country. Here are just a few of the programs available:

NKF Peers—National Kidney Foundation (NKF)

- **What is it?** A national, telephone-based peer support program from the NKF.
- **Who is it for?** NKF Peers helps people adjust to living with chronic kidney disease, kidney failure, or a kidney transplant. The group also offers support to those considering a living kidney donation or who have been living kidney donors.
- **How can I learn more?** You can call 855.653.7337 (855.NKF.PEER), email nkfpeers@kidney.org, or visit the NKF website at www.kidney.org/patients/Peers.

Patient and Family Partner Program (PFPP)—The Kidney Foundation of Central PA

- **What is it?** The PFPP is a certification program that trains kidney patients and families to provide companionship, a listening ear, and emotional support to help a person with CKD and/or family members during their adjustment process.
- **Who is it for?** The program pairs patients and families who have already faced the initial challenges of adjusting to a diagnosis of end stage renal disease (ESRD) with newly diagnosed patients and their families in an effort to lessen some of the anxiety and stress that people experience as they try to cope with kidney failure. The program is currently available in Cumberland, Dauphin, Lancaster, and York Counties, Pennsylvania, as well as their neighboring areas.
- **How can I learn more?** You can visit the PFPP website at www.kfcp.org/WhatWeDo/PatientandFamilyPartnerProgram.aspx or contact the Program Coordinator at tabitha@kfcp.org.

Peer Up! Program—Mid-Atlantic Renal Coalition (MARC), ESRD Network 5

- **What is it?** Peer Up! is a peer-to-peer mentoring program geared to patients in the dialysis community. The online toolkit provides mentor training materials, as well as information on mentee and mentor pairing, kick-off mixers, ongoing meetings, mentor training boosters, and program management.
- **Who is it for?** Peer Up! was developed by MARC to help ESRD patients reduce costly and unnecessary hospitalizations through improved self-management fostered by peer-to-peer interactions.
• **How can I learn more?** You can visit the website at [http://esrdnet5.org/Special-Initiatives/Peer-Up!-Program.aspx](http://esrdnet5.org/Special-Initiatives/Peer-Up!-Program.aspx) to learn more about this program and download the *Peer Up!* Toolkit.

To find programs in your area, consider conducting an internet search using some of the following terms *kidney, renal, nephrology, patient, peer, mentor, mentoring*, and your area of the country. If you need additional support, please contact the ESRD NCC at [NCCInfo@hsag.com](mailto:NCCInfo@hsag.com)