

# Tips for Kidney Caregivers

From kidney patients who appreciate their support and the caregivers who understand the experience.  
Read through the tips and check the boxes you want to accomplish.

## Tip 1—Talk About It

The person diagnosed with kidney disease may not act like the person you knew prior to starting treatment. Get to know them as they adjust to treatments. If you have a hard time talking with your loved one, ask to speak with the social worker or another member of the care team.

### To keep the lines of communication open:

- Be honest with your feelings and talk about concerns together.
- Do something together, such as taking a walk while you talk.
- Listen openly, stay positive, but don't feel you have to have all the answers.



## Tip 2—Be Prepared

Kidney disease comes with many changes and decisions to be made. Learn more about it and the different treatment options.

### To learn about kidney disease:

- Visit [www.esrdncc.org](http://www.esrdncc.org) for resources.
- Create a list of your loved one's medications and medical history. Keep it with you.
- Talk to a healthcare professional about kidney resources.



## Tip 3—Set a Schedule

A daily plan keeps things on track and lets you see how your time is spent.<sup>1</sup> It can also highlight if there is a need to ask others for help.

### To start your schedule:

- Write down and prioritize your daily and weekly tasks.
- Ask for help when you need it.
- Plan for breaks.



## Tip 4—Take Time for You

It's okay, and necessary, to take time for yourself. Make time for activities that help you relax. When you feel recharged, you're better able to help others.

### To use a moment for you:

- Take 30 minutes and go to your favorite place.
- Try a relaxation method, such as yoga or meditation.
- Find local and online support groups or talk to a healthcare professional.  
(Contact your End Stage Renal Disease Network for a listing of local support groups.)



<sup>1</sup>Bova-Collis R, MSW, LCSW. A Caregiver's Wish List: Tips on How Dialysis Patients Can Help Their Caregivers. *At Home with AAKP* [online] Nov. 2011. Available at: <https://aakp.org/a-caregivers-wish-list-tips-on-how-dialysis-patients-can-help-their-caregivers>. Accessed on June 6, 2019.

# Important Medical Information

**Name**

**Phone/email**

**Additional Info**

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## Care Team

**Medication**

**Reaction**

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## Medication Allergies

**Name**

**Phone/email**

**Additional Info**

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## Other Important Numbers

This material was prepared the End Stage Renal Disease National Coordinating Center (ESRD NCC) contractor, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy nor imply endorsement by the U.S. Government. FL-ESRD NCC-7N21A1-09172019-01

