

Supporting Care Partners

Care partners play an essential role in the End Stage Renal Disease (ESRD) community.

Use this resource to help support those who support you!



Be their partner.

Having a care partner should be a partnership when possible. Finding a balance can help ensure you have a care PARTNER instead of a care GIVER. This can help reduce burn out.

This might look like:

- Setting up your provider appointments.
- Making the grocery list.
- Calling the pharmacy for refills.
- Educating your care partner on what you need and what to expect instead of assuming they know.



Communicate with them.

Determine the best way to communicate to avoid conflict.

Some ideas:

- Weekly meetings
- Communication boards
- Shared calendars



Encourage them.

Regularly encourage your care partners to take time for themselves and engage in activities that bring them joy.

For example:

- Time with friends
- Exercising
- Therapy
- Taking care of their own healthcare needs



Ask them.

The simplest questions can make the biggest impact.

Consider:

- How are you?
- What do you need?
- What do you need from me?
- What can I do differently?



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