Kidney transplantation is the best choice for many people with end stage renal disease (ESRD). However, many face barriers to transplant. Individuals may give up on the option of a transplant when overwhelmed by these challenges. This guide is for the care team as they help patients identify solutions to common barriers.

<table>
<thead>
<tr>
<th>Barrier</th>
<th>Dive Deeper</th>
<th>Brainstorm and Expand Solutions</th>
</tr>
</thead>
</table>
| Assistance needed with activities of daily living (e.g., housework, meal preparation) after surgery | • Do patients qualify for Meals on Wheels or can family/friends make and freeze meals ahead of time?  
• Can they “stockpile” things that they will need (e.g., toilet paper, medications, shelf stable foods, paper plates)?  
• Can they use delivery services, like Door Dash, Uber Eats, or an online shopping option at their local grocery store?  
• Is there a neighbor who could help with outside chores (e.g., shoveling snow or emptying trash)? | • Check with your local high school; they may have students who need to complete community service hours.  
• Check with:  
  – Area Agencies on Aging  
  – Salvation Army Food Pantry  
  – Neighborhood Navigator 211  
• Share your needs with all your family members and friends for direct help or new ideas. |
| Lack of consistent, reliable transportation | • What types of transportation are available in the community?  
• Are there local ride-sharing programs?  
• Does the transplant center offer virtual visits (i.e., telehealth)? Or are patients able to group many appointments on the same day?  
• Can patients in their social network ask for a ride from:  
  – A friend from dialysis?  
  – A church member?  
  – A neighbor?  
  – Someone retired | • Ask your colleagues (in your facility or at sister facilities) if they have had any creative solutions for transportation barriers in the past.  
• Check with their health plan to see if they offer Uber Health.  
• Check with:  
  – National Aging and Disability Transportation Center  
  – Non-Emergency Medical Transportation (CMS)  
• Patients can check with their church and post their transportation needs on the church bulletin board to see if anyone is available during those times. |
| Lack of support system | • Does the transplant center offer pre-transplant support groups?  
• Can the dialysis facility refer patients to a peer mentoring program?  
• Look into transplant programs in the city of a loved one. It might be possible to get listed there and have the patient stay with them for a short time. | • Ask the facility social worker to help research support groups through:  
  – AAKP  
  – NKF  
  – Renal Support Network  
  – Transplant centers  
• Check with dialysis or transplant support groups that use social media platforms. |
Getting Creative to Break Down Barriers to Transplant

Resources’ web addresses:
Meals on Wheels: https://www.mealsonwheelsamerica.org/find-meals
Area Agencies on Aging: https://eldercare.acl.gov/Public/About/Aging_Network/AAA.aspx
Salvation Army Food Pantry: https://www.salvationarmyusa.org/usn/cure-hunger
Neighborhood Navigator 211: https://www.211.org
National Aging and Disability Transportation Center: https://www.nadtc.org/about/contact-us
AAKP: https://aakp.org
NKF: https://www.kidney.org
Renal Support Network: https://www.rsnhope.org
Organ Procurement & Transplantation Network (OPTN) Transplant Centers: https://optn.transplant.hrsa.gov/about/search-membership