

Let's Talk: Home Dialysis

Questions to Spark Conversation

A Tool for Patients and Family Members



How to Use These Cards

Talking with your healthcare team and family members is important when deciding if a home dialysis treatment is right for you.

The questions on these cards were written in partnership with people who receive dialysis at home.

They are designed to get you thinking and talking about how you and your lifestyle fit with home dialysis options.

(Please flip this card over to continue.)

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Let's Talk: Health and Quality of Life



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Let's Talk: Health and Quality of Life



How involved do you want to be in your kidney care?

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Let's Talk: Health and Quality of Life



**What were some of your favorite activities to do before you started dialysis?
Are you still able to do them?**

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Let's Talk: Health and Quality of Life



**How do you feel after your dialysis treatments?
How would you like to feel?**

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1. **Answer each question honestly.** There are no wrong answers. Your responses are correct for you and your life goals.
2. **Write down your answers.** Take it to your next kidney appointment or dialysis treatment. Share your answers with your healthcare team. Ask to talk about your home dialysis treatment options.
3. **You do not need to answer every question in the deck.** Try answering at least one question from each category.
4. **Remember, the more your healthcare team knows about who you are and what matters to you, the better they can help you plan a treatment to match your needs.**



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People on home dialysis treatment say they have:

- Greater independence.
- Better control over their treatment and life choices.
- Increased energy after their treatments to do the things they enjoy when compared to how they felt after in-center dialysis.
- Fewer diet restrictions.
- Fewer medications to take daily.

Consider your answers for the Health and Quality of Life section. Home dialysis may work for you.

Share your answers with your healthcare team and family members. Tell them you're interested in talking about home dialysis.



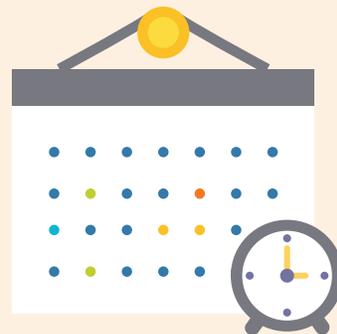
Let's Talk: Health and Quality of Life



What do you already know about home dialysis?

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Let's Talk: Flexibility



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Let's Talk: Flexibility



How do you fit your dialysis schedule in with your family, work, volunteer, or school needs?

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Let's Talk: Flexibility



Are you willing to do your own dialysis?
If no, why not?

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Let's Talk: Flexibility



Where in your home would you set up for dialysis treatments and store supplies?

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Let's Talk: Flexibility



If you could choose, what would be the best days and times to get treatment?

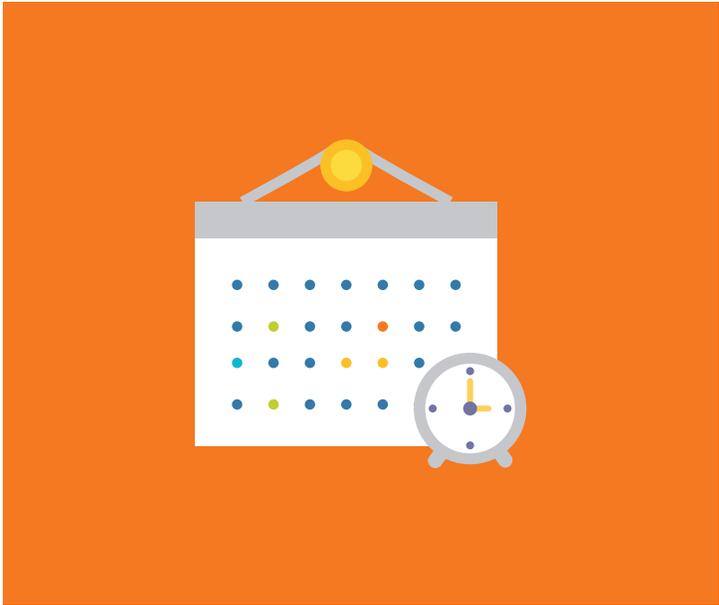
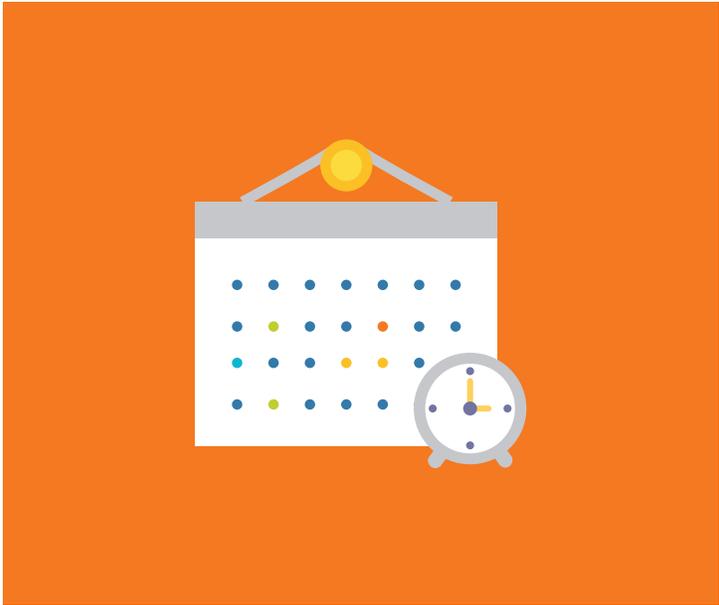
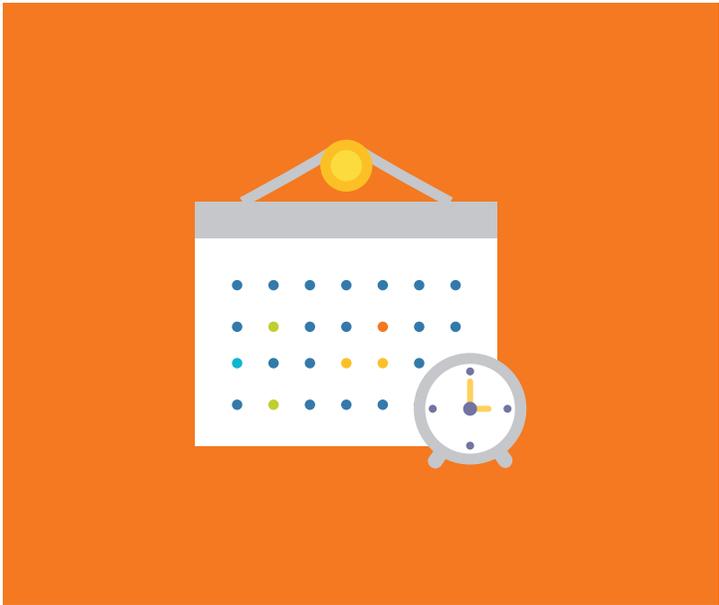
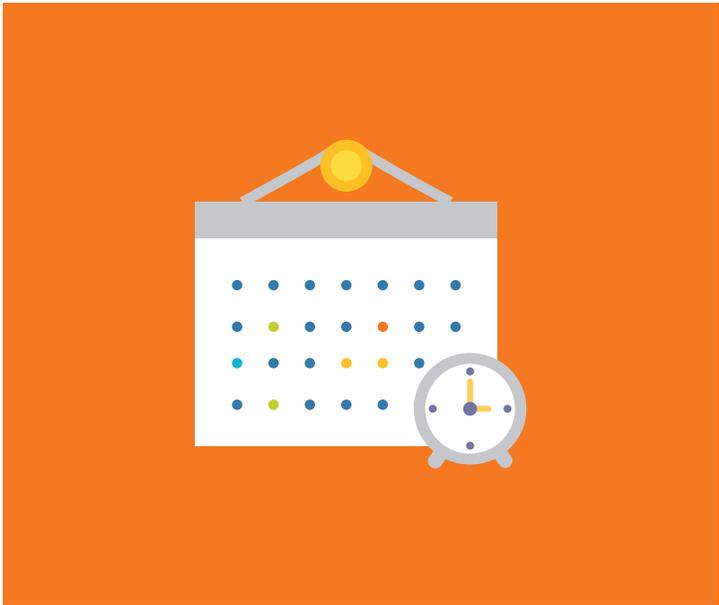
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People on home dialysis treatment say they have:

- More flexibility in their dialysis and daily life.
- The ability to adjust their dialysis schedules for work, school, family functions, and other activities they want to attend.

Consider your answers for the Flexibility section. Home dialysis may work for you.

Share your answers with your healthcare team and family members. Tell them you're interested in talking about home dialysis.



Let's Talk: Family



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Let's Talk: Family



Would you want help with doing your treatments at home?

If yes, what would that help to look like?

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Let's Talk: Family



When thinking about your family, what is most important to you and why?

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Let's Talk: Family



Have you thought of asking someone to be your caregiver for home dialysis treatments?

If yes, how would you ask them?

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Let's Talk: Family



How will you talk to any children or other family members about the possibility of you receiving dialysis at home?

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Let's Talk: Travel



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People on home dialysis treatment say they:

- Involve family members in the pre-planning process.
- Work with family members as caregivers to assist with home dialysis, when needed.
- Value family member support.
- Have access to respite care (relief) when caregivers need a break.

Consider your answers for the Family section. Home dialysis may work for you.

Share your answers with your healthcare team and family members. Tell them you're interested in talking about home dialysis.



People on home dialysis treatment say they:

- Travel more.
- Experience fewer transportation hassles getting to and from the clinic.

Consider your answers for the Travel section. Home dialysis may work for you.

Share your answers with your healthcare team and family members. Tell them you're interested in talking about home dialysis.



Let's Talk: Travel



When and where was your last trip away from home?

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Let's Talk: Travel



**Where would you like to travel?
Is there anything stopping you?**

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Let's Talk: Travel



What important moments (graduation, weddings, births, etc.) might you miss if you're not able to easily travel on your current dialysis treatment?

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Let's Talk: Travel



What activities do you like to do away from home?

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Let's Talk: Diet



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Let's Talk: Diet



What is the hardest part of sticking to your fluid allowance?

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People on home dialysis treatment say they have:

- Fewer diet restrictions.
- More generous fluid allowances.
- Better potassium control.
- A better appetite, due to more frequent treatments.

Consider your answers for the Diet section. Home dialysis may work for you.

Share your answers with your healthcare team and family members. Tell them you're interested in talking about home dialysis.

Let's Talk: Diet



**Before starting dialysis,
what were three foods
you enjoyed?**

**Are you still able to eat these
foods? If no, why not?**

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Let's Talk: Diet



**How does your fluid
allowance affect you daily?**

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Let's Talk: Diet



**How do you balance your diet
restrictions for other health
conditions, such as
diabetes or high blood pressure,
with your kidney diet?**

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Home Dialysis-Specific Resources

Below are a few suggested online resources to help you gather more information about home dialysis.

- **My Life, My Dialysis Choice**
www.mydialysischoice.org
- **Home Dialysis Central**
www.homedialysis.org
- **Home Dialyzors United**
www.homedialyzorsunited.org
- **Alliance for Home Dialysis**
www.homedialysisalliance.org

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Tips from People Using Home Dialysis

Congratulations on taking the first step toward making a decision about home dialysis as your treatment modality! Starting the conversation is often the first step to receiving treatment at home.

Following are some tips from people using home dialysis treatment:

(Please flip this card over to continue.)

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General Resources

Use these trusted online resources to find information about kidney disease.

- **National Patient and Family Engagement Learning and Action Network**
www.esrdncc.org/npfe-lan
- **American Association of Kidney Patients**
www.aakp.org | 800.749.2257
- **American Kidney Fund**
www.kidneyfund.org | 800.638.8299
- **National Kidney Foundation**
www.kidney.org | 855.653.2273



- Involve your caregiver or family members in your decision-making process.
- Research your many home dialysis options. Check out the Resources card for trusted sites online.
- Write your questions down as you are researching.
- Discuss any questions you may have with your healthcare team and family members.
- Ask to speak with or observe someone who is using home dialysis.