






Getting Creative to Break Down Barriers to Transplant

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.

 Barrier	 Dive Deeper	 Brainstorm and Expand Solutions
<p>Assistance needed with activities of daily living (e.g., housework, meal preparation) after surgery</p>	<ul style="list-style-type: none"> • 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)? 	<ul style="list-style-type: none"> • Check with your local high school; they may have students who need to complete community service hours. • Check with: <ul style="list-style-type: none"> – 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.
<p>Lack of consistent, reliable transportation</p>	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> – A friend from dialysis? – A church member? – A neighbor? – Someone retired 	<ul style="list-style-type: none"> • 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: <ul style="list-style-type: none"> – 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. • Use this ESRD National Coordinating Center (NCC) tip sheet for ideas: <ul style="list-style-type: none"> – Transportation Tip Sheet
<p>Lack of support system</p>	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Ask the facility social worker to help research support groups through: <ul style="list-style-type: none"> – AAKP – NKF – Renal Support Network – Transplant centers • Check with dialysis or transplant support groups that use social media platforms.



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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>

Non-Emergency Medical Transportation (CMS): <https://www.cms.gov/medicare/medicaid-coordination/states/non-emergency-medical-transportation>

Transportation Decision Tree Tips: https://esrdncc.org/contentassets/8fb239e240ac44e9a1998e5334eadfe8/esrdncc_transporttip_508.pdf

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>