Renal Transplant Information

- American Transplant Association [www.americantransplant.org](http://www.americantransplant.org) 1-800-494-4527
- Brigham and Women's Hospital Transplant Surgery [www.brighamandwomens.org/transplantsurgery](http://www.brighamandwomens.org/transplantsurgery) 617-732-6866
- United Network for Organ Sharing - [http://www.unos.org](http://www.unos.org) (888) 894-6361
- Scientific Registry of Transplant Recipients – [www.ustransplant.org](http://www.ustransplant.org)

Donor Websites

- [www.organdonor.gov](http://www.organdonor.gov) (The official U.S. Government web site for organ and tissue donation and transplantation)
- Living Donors Online - [http://www.livingdonorsonline.org/](http://www.livingdonorsonline.org/)

Financial Assistance for Kidney Patients

- Needy Meds - [http://www.needymeds.com](http://www.needymeds.com)

Insurance Information

- Medicare – [www.medicare.gov](http://www.medicare.gov) 1-800-MEDICARE

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Patient & Family Support for People with Kidney Disease
Dealing with kidney disease can be a source of stress and anxiety. Whether you have just been diagnosed with kidney disease, are starting dialysis, are awaiting transplant, have been admitted for a kidney transplant, or are receiving treatment after a transplant, you probably have many questions and concerns. Learning all you can and having a good support system can go a long way in helping you cope with your illness.

Although end-stage renal disease (ESRD) is a life-altering condition, it can be managed with medication and treatment. However, it is normal to worry about how this diagnosis will affect your life, your health, your ability to work, your family, your financial situation, and your relationships. If you are starting dialysis, you might need to know about transportation and about dietary changes. If you are having a transplant, you may have concerns about your psychological adjustment, your prescription coverage or other financial issues, and about how to get to your outpatient clinic appointments. In both cases, you may be concerned about getting time off from work, and about paying for the costs associated with treatment. If you live far from the Boston area, these issues are compounded, and it may be more difficult for family and friends to visit you.

How can the renal social workers help you?

If you need help with information, referrals to local resources, or support in dealing with your emotions and the pressures related to living with kidney disease, Brigham and Women’s Hospital has two licensed clinical social workers available to patients and families on our renal, dialysis, or renal transplant services. In addition to providing counseling and emotional support, these clinical professionals can help you by:

- Providing information and education about dialysis and kidney transplant options and treatments
- Helping you plan to integrate hospitals stays or dialysis treatments with work and family responsibilities
- Locating local accommodations and other resources for patients and families who live outside the Boston area
- Connecting you with community resources to help with transportation, medications, insurance, disability, entitlement programs, and other needs

Meet the Renal Social Work Team

You will meet with a renal social worker when you start dialysis or get evaluated for a kidney transplant, and again when you are admitted to the hospital for your transplant. If you need to talk to someone immediately, ask your nurse or the unit secretary to contact the social worker, or call:

Paul Faircloth, LICSW – outpatient; pre- and post- renal transplant social worker  
(617-732-7882)

Amy Lucid Inezian, LICSW – inpatient renal transplant and renal medicine, and dialysis social worker (617-732-5500 x31591)

For additional information, please refer to the resources listed on this and the following page.

Useful Resources:

Reading Materials
- *Cooking for David: A Culinary Dialysis Cookbook* by Sara Colman, Dorothy Gordon
- *Dialysis: An Unanticipated Journey (Paperback)* by David L. Axtmann, Melinda Gayle (Editor), Stephanie Boucher (Editor), Yvonne Herman (Illustrator)
- *Kidney Failure: the Facts (Paperback)* by J. Stewart Cameron

General Kidney Disease Resources
- American Association of Kidney Patients [http://www.aakp.org](http://www.aakp.org) 1-800-749-2257

Dialysis Information
- Dialysis Facility Compare – [www.medicare.gov](http://www.medicare.gov); click on “Compare Dialysis Facilities in Your Area”

Learning all you can and having a good support system can go a long way in helping you cope with your illness.