



MY
DIALYSIS
PLAN™

YOUR CARE PLAN MEETING IS COMING UP!

During this meeting, you and your care team will work together to make decisions about your health, well-being, and dialysis care. This brochure explains what to expect and how to prepare.

Your dialysis care plan should be made just for you!





YOUR DIALYSIS CARE PLAN SHOULD BE LIKE A MAP TO HELP YOU GET YOU WHERE YOU WANT TO BE.

It should be unique to your needs and priorities.
It should reflect what matters most to you!

IMPORTANT: CONFIDENTIALITY

Your care team will keep your health information safe and private. Your dialysis care plan is part of your confidential medical record.

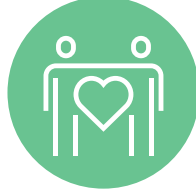


WHAT IS IT?

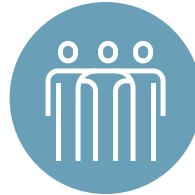
For most patients, care plan meetings happen once a year. Usually, the meeting will include you, a social worker, dietician, doctor, and nurse. You can also invite a family member or friend.



You



Family Member



Friend



Social Worker



Dietician



Kidney Doctor



Nurse

During the meeting, you and your care team might discuss things like lab results, transplant options, or how well you feel on dialysis. It is also helpful to talk about what matters to you in life outside of dialysis. This information is used to make a dialysis care plan to improve your health and well-being.



WHAT IS THE CARE PLAN MEETING LIKE?

- Usually, the meeting will include you, a social worker, dietician, doctor, and nurse.
- You are encouraged to invite a family member, care partner, or friend to join the meeting.
- Everyone will have a chance to share their thoughts, ask questions, help make decisions, or just listen and learn.
- You and your care team will work together to make a plan that meets your needs and priorities.
- Your care team will take notes and review them with you at the end of the meeting.
- You will receive a copy of your care plan to take home.



At the end, everyone should agree on what to do, how to do it, and when to follow-up. This information goes into your dialysis care plan.



WHAT DO I DO DURING THE CARE PLAN MEETING?

- Don't be shy! Speak up! Your voice matters.
- Ask questions about anything you don't understand.
- If you need help, ask for it.
- Work with your care team to figure out how to get where you want to be.
- If you want to talk more with someone on your team after the meeting, just let them know!

“

“It’s a meeting where you can express yourself about your dialysis and how it’s going. A time to not feel bad about talking to someone about your personal problem... also a way to help you achieve some of your goals.” – Patient



HOW DOES CARE PLANNING WORK?

STEP 1 Prepare for the meeting

You and **your care team** each have a part.

You prepare by thinking about what you need for your health and well-being.



Your care team prepares by reviewing your dialysis care.

“

“The more the care team knows about you, the more the care plan is individually catered to you, because everybody’s different.” – Patient



THINK ABOUT THE QUESTIONS BELOW...

These might come up during your care plan meeting. You can ask your family, friends, or care partner for help or ideas.

- ▶ What matters to you?
- ▶ What does a good day look like for you?
- ▶ What changes do you want to see in your life?
- ▶ What would you like to be able to do that you can't do now?
- ▶ What questions or concerns do you have about dialysis or your care?



STEP 2 Meet with your care team

- During your care plan meeting, you'll be able to tell your care team what is important to you.
- Sharing what matters to you helps your care team understand you as a person.

For example, you might want to:



Travel more



Learn something new



Be able to get around better



Spend more time with family or friends

- You and your care team will work together to design a dialysis care plan that matches your needs and priorities.



STEP 3 Keep talking with your care team!

- If your dialysis care plan doesn't feel right or you think something should change, you can always talk to a care team member.
- You don't have to wait for another care plan meeting. Feel free to ask questions any time.
- Your care team will check-in to see if your care plan is meeting your needs.

“

“This is your life and your life is in the hands of other people...it's your body! Talk it out!” – Patient



MORE INFORMATION

If you want to learn more, ask your care team for more information!



Funded by the American Institutes for Research (AIR), with support from the Robert Wood Johnson Foundation (RWJF), for a Patient-Centered Measurement Pilot.

My Dialysis Plan™ Copyright © 2019 The University of North Carolina at Chapel Hill

You may use, reproduce, and distribute My Dialysis Plan™ free of charge, provided your distribution to third parties is free of charge. Other than adding your name, contact information and logo, you may not make any modifications to the work without the permission of Jennifer Flythe (jflythe@med.unc.edu / 919-966-2561). My Dialysis Plan™ does not endorse any products or services. This copyright and permission notice shall be included in all copies of My Dialysis Plan™.