

Don't be afraid to speak up!

Both care partners and those being cared for need a break. The links below can help you find resources in your state or local area.

Open phone and point camera to access support websites:

Wisconsin Family Care Partner Support



Veterans Affairs



Minnesota Board on Aging

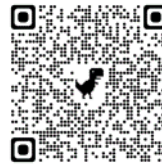


Guide for Family Care Partners in Michigan



continued →

Steps for Coping With Stress



Learn More About Us

We are a nonprofit organization founded to improve care for patients with end stage renal disease (ESRD). We are one of 18 ESRD Networks established by Medicare.

We monitor the quality of care provided to kidney patients in our 5-state region: Michigan, Minnesota, North Dakota, South Dakota, and Wisconsin.



Midwest Kidney Network

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This material was prepared by Midwest Kidney Network, End Stage Renal Disease (ESRD) Network under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS.

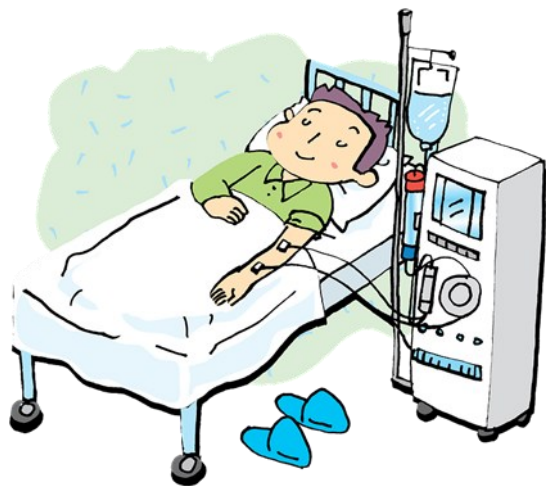


Guide for Care Partners

Caring for Those that Care for You
and
Those that You Care For

Who Is A Care Partner?

- Home and family members
- Friends
- Home care support staff



Signs of Care Partner Stress

- You feel like you're overburdened
- You might mistake helping with medications or treatments
- You don't think you're burned out, but you are

Signs of Care Partner Burnout

- Fatigue
- Burnout
- Mental exhaustion
- Mentally feeling tired
- Relationship challenges
- Feeling like the caregiving will never end
- Crying

Tools for Managing Care Partner Burnout

- Take a deep breath and admit that you need help
- Stop and take care of yourself
- Take time to relax – take a nap!
- Take a hot bath
- Reward yourself in a healthy way
- Get respite care for them and for you



- Connect with an organization that can provide some "backfill"
- Contact the Visiting Nurses Association
- Lean on others for support
- Get a trusted partner to help
- Switch days and duties
- Don't take it all on yourself – share this with others
- Join a care partner support group

Special Considerations for Care Partners assisting others with kidney disease

Home dialysis

- If you're considering home dialysis, you must have a care partner present during your home dialysis treatment
- Your care partner may also help setup the dialysis machine and clean it afterwards

In-center clinical dialysis

- Should someone drive you to and from in-center dialysis?
- Post-dialysis brain fog is real and it may not be safe for you to drive yourself to and from treatment
- Take a deep breath and admit that you need help

Post-transplant care and follow-up

- Have your care partner be there with you at your many post-transplant follow-up visits
- Ask the care partner to take notes during the doctors visit – it's better if two people are listening to what the doctor has to say!
- Complete filling your weekly medication pill box and ask your care partner to review it to make sure you have the right medications
- Make sure you take your medications on time every day!