



**FIRST30**

# Kidney Chat: Ask a caregiver about dialysis

*Frances Ashe-Goins, RN, MPH, FAAN*

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 American Kidney Fund<sup>®</sup>  
FIGHTING ON ALL FRONTS

# Housekeeping

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- All attendees will be on 'mute' throughout the duration of the webinar.
- The chat box has been disabled.
- If you have questions for the speaker or for the AKF team:
  - Please type it into the **Q&A box** in your control panel.
  - We will answer questions out loud during the Q&A portion of the presentation
- This webinar will be recorded. The recording will be available in a week.



# Thanks to our speaker!

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## Frances Ashe-Goins, RN, MPH, FAAN

- Mom and caregiver
- Registered nurse and health educator
- AKF Board of Trustees and Advocacy Network member
- Expertise in nursing, minority health and public health issues

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**Preparing for dialysis**

Can you talk about the different treatment options for people on dialysis?



What if you live by yourself and don't have anyone to help when you have to start dialysis? Is it possible to do things on your own?



What are the main things we should think about when considering which dialysis treatment option is best for us?

My mom will be starting dialysis soon.

How can I expect her to feel after her treatments?

Is dialysis painful or tiring when you first start?

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**Lifestyle changes**

We read so many different things about how to eat on dialysis. Sometimes different pamphlets and websites have conflicting information.

How do we know we are doing the right thing?





Now that my friend is starting dialysis, will we still be able to travel and go on vacations?

How can I support my loved one in initiating healthy habits to manage conditions like high blood pressure and diabetes?



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**Supporting loved ones  
on dialysis**

What is something you wished you would have known ahead of time about caregiving for a loved one on dialysis?



I am healthcare provider. What can I do to help patients and their families feel more comfortable when adjusting to a big change like starting dialysis?



My family member is on dialysis, but she doesn't want to talk to anyone about it. How do I let her know that I am here to help?

I would like to help my loved one or someone else on dialysis.  
How do I get on the organ donor list?



My life is busy enough and I just don't know how I'll be able to keep up once my husband starts dialysis.

Do you have any advice for how to manage it all?



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**Do you have questions about  
caregiving and adjusting to dialysis?**

**Submit your questions now.**

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**In memory and honor of**

**Ms. Cheryl Anne Davis**

**February 14, 1973 - February 21, 2021**