

HEY DOC!



Did you know dialysis patients can work and still keep their Social Security Benefits?

What are the benefits for your patients?

Increased independence

Higher self esteem, less depressed

Social opportunities

Fewer barriers to health care

More likely to get a transplant

Higher income

Insurance coverage

Pursuit of personal rehabilitation goals can help ESRD patients to stay healthier and feel better. Research shows that people on dialysis who keep working feel better. They are more physically able, have less pain, and have better general health and energy.¹ Better physical functioning predicts fewer and shorter hospital stays - and a longer life.²

Talk with your patients about the benefits of maintaining an active lifestyle *before* they make the decision to go on disability. If you are not comfortable doing this, consult a local renal social worker.

Your intervention can have an impact on the social functioning of patients!

More Information

- Social Security Administration - *Working While Disabled* <http://www.ssa.gov/pubs/10095.html>
 - Spanish Version <http://www.ssa.gov/espanol/10995.html>
- FMQAI: The Florida ESRD Network (Network 7) - Vocational Rehabilitation links and tools for download at www.fmqai.com or patients can call **800-826-3773**

1 Blake C, Codd MB, Cassidy A, O'Meara YM. Physical function, employment and quality of life in end stage renal disease. *J Nephrol*; 13 (2): 142-9, 2000.

2 Lowrie EG, Curtin RB, LePain N, Schatell D. Medical outcomes study short form-36: a consistent and powerful predictor of morbidity and mortality in dialysis patients. *Am J Kidney Dis*. 2003 Jun 41 (6): 1286-92