



Northwest Renal Network

Helping Navigate Kidney Disease

Patient Bulletin



Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington

We Can Help With:

Care concerns

Patient rights

Transplant

Treatment options

Travel and dialysis

Questions about employment

Access to our library of resources

Are You Thinking About Going Back to Work?

Having chronic kidney disease has changed your life, but there are things you can do to reduce the impact on your lifestyle and income. With the exception of heavy physical labor, most patients can perform the job tasks they did before dialysis. You may even choose to pursue a new dream. Here are some tips for getting started:

- Talk with your **Social Worker** about your lifestyle goals.
- Contact a **Work Incentives Planning & Assistance (WIPA)** Organization near you. Call 866-968-7842 or go to <https://secure.ssa.gov/apps10/oesp/providers.nsf/bystate>. They can answer questions about how work would affect your benefits, discuss your individual goals, and help with barriers to work.
- Call **Maximus** – Social Security's contractor for *Ticket to Work* (help returning to work) at 866-968-7842 or www.yourtickettowork.com.
- Visit the **Department of Labor's Career One Stop** website, for tools to help job seekers: <http://www.careeronestop.org>.
- Contact the **Vocational Rehabilitation (VR) Office** in your area, and ask how to apply. To find your local VR Office:

Alaska	http://www.labor.state.ak.us/dvr/	800-478-2815
Idaho	http://www.vr.idaho.gov/	208-334-3390
Montana	http://www.dphhs.mt.gov/vocrehab/mvr.shtml	877-296-1197
Oregon	http://www.oregon.gov/DHS/vr/	877-277-0513
Washington	http://www1.dshs.wa.gov/dvr/	800-637-5627

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