



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

What Can I Do to Feel Stronger?

We all know that exercise is good for our bodies, but most individuals with kidney disease have low energy and high fatigue. So how can you begin an exercise program when you are so tired? You may want to ask your doctor to write an order for **Physical Therapy**. Your doctor can write a prescription, requesting 'strengthening and endurance' with a diagnosis of renal disease and deconditioning. A good physical therapist can evaluate your abilities and suggest a plan for getting you moving again. Knowing what to do and how to do it correctly can be half the battle.



Once you are feeling physically stronger, you may also want to ask your doctor to prescribe **Occupational Therapy**. This type of therapy can help you with every day functioning, for activities at work or at home. They can help point out how to arrange your home and belongings to make functioning easier for you. You may also feel well enough to work again. You can be a -



Vocational Rehabilitation can help with:

- ✓ Evaluation of your areas of interest and work history
- ✓ Education and training
- ✓ Independent living services (home modifications, if related to employment or services for older or blind people to live independently at home)

Ask you dialysis social worker about vocational rehabilitation, and ask about how your treatment plan and schedule can fit your goals.

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As always, the Network is here to help with any concerns about care received. To file a grievance please contact Northwest Renal Network using our contact information below:

Patient Toll-Free Number for Northwest Renal Network: **1.800.262.1514**
www.nwrenalnetwork.org