



YES, YOU CAN!

VOCATIONAL REHABILITATION

CHOOSE VR IF YOU:

- ✓ Want help paying for education or training
- ✓ Are not currently working or need a job change
- ✓ Are having a hard time making ends meet
- ✓ Would like more income
- ✓ Are age 18 through 64

ASK YOUR SOCIAL WORKER HOW VR CAN HELP YOU

Pursuit of personal rehabilitation goals can help dialysis patients stay healthier and feel better. In fact, 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. Better physical functioning predicts fewer and shorter hospital stays – and a longer life.

Network 16 (Alaska, Idaho, Montana, Oregon, Washington)

www.nwrn.org or call **800-262-1514**

Network 18 (Southern California)

www.esrdnetwork18.org or call **800-637-4767**

GET IN TOUCH

Find your local Employment Network and state VR Providers:

<https://choosework.ssa.gov/findhelp/> or call **866-968-7842**.

To file a grievance about the care you are receiving at your dialysis facility, contact ESRD Networks at:

Network 16
Alaska, Idaho, Montana,
Oregon, and Washington
1800-262-1514



Network 18
Southern California
1800-637-4767