

# Better Together

## Home Hero

Peer-to-peer support is a proven method to inspire people on dialysis to seek their best treatment option. Hearing directly from others with similar experiences helps connect and empower patients in their treatment choices.



### A Home Hero is a Person Who:

- Performs peritoneal or hemodialysis at home
- Is inspired to share their home journey with other patients
- Understands the terms, process, and benefits of home dialysis
- Will support fellow patients in their decision for home dialysis
- Has effective communication and empathy skills and promotes positivity
- Is a trusted confidant for dialysis peers

### Benefits

#### Home Hero

- Remain motivated in their treatment
- Expand leadership skills through knowledge sharing
- Improve problem-solving and communication skills by sharing experiences
- Contribute to something larger than themselves by supporting the overall quality of life for people with kidney disease

#### Fellow Patients

- Increase knowledge of kidney disease treatment options
- Encourage advocating for their own health
- Empower awareness of the steps required to transition to home dialysis
- Expand the patient support circle

#### Your Clinic and Home Program

- Increase the facility rate of referral to home dialysis
- Support national goals of Advancing American Kidney Health
- Improve patient engagement and create a patient community
- Improve the home dialysis patients' focus on successfully sustaining their home treatment option
- Reinforce and supplement home program education for in-center patients and improve the opportunity of referrals to home dialysis

### How To Get Started

Work with your team to identify a patient(s) who may want to fill the role of the Home Hero. Connect your Home Hero with fellow patients who are interested in learning about home dialysis. Support your Hero with regular check-ins, resource sharing, and tips for connecting. Think about virtual platforms like Zoom or Google Hangouts, text messaging, phone conversations, or in-person meetings when possible. Celebrate your successes!

