

Kidney Disease Affects Someone You Know!

How Can You Help?



15% of US adults are estimated to have chronic kidney disease. That is about 37 million people, more than 1 in 7.

Kidney failure happens when kidney damage is severe and kidney function is very low. Dialysis or a kidney transplant is then needed for survival. Kidney failure treated with dialysis or a kidney transplant is called end-stage renal disease (ESRD).



- More than 90,000 people in the US are awaiting a kidney donation.
- 3-5 years is the average waiting time for a kidney from a deceased donor.
- With living donation, a patient may be able to receive a transplant in less time.
- 13 people die each day while waiting for a life-saving kidney transplant.



71% are on dialysis



29% living with kidney transplant

Typical Day for a Dialysis Patient



Patients who do dialysis at a clinic need dialysis treatments 3 times a week.



Patients are not allowed to pick their treatment time and are given specific times to be at the clinic. Sometimes they start early and must be at the clinic by 6:00 a.m., and other patients don't finish their treatments until as late as 9 p.m.



Many patients rely on transportation companies. Sometimes patients will wait for an hour to be picked up from home and will wait another hour to return home after treatment. That is about 2 hours a day and 6 hours a week waiting for a ride.

How Can Members in the Community Help Patients With Kidney Disease?



Transportation is a struggle that some patients have regularly. If you can, offer a patient a ride to appointments. ESRD patients may have appointments to see a specialist, hospital procedures to be placed on the transplant waitlist, or dialysis treatment appointments.



Dialysis can happen at home. You don't have to be a healthcare worker to help patients dialyze at home. Some of the ways that a neighbor can help is by being available to help patients during their dialysis treatment, finding space to keep dialysis supplies, taking patients to monthly appointments, or helping patients use telehealth services.

Donate kidney friendly diet options to food pantries. [Scan this QR code to download a sample shopping list.](#)



Learn more about organ donation by scanning this QR code or visiting donatelife.net!



Who can help?



- Community organizations
- Church groups
- Sororities/fraternities
- Community health programs

How can they help?

- Include information in newsletters
- Print out resources and have them available for anyone who is interested
- Host webinars and events

The ESRD Network is here to help! Please contact us if you need any assistance! For more information, email us at Qsource-QIDept@qsource.org or visit our website at esrd.qsource.org or by scanning this QR code.

