

## Would You Say Yes to Any of These Questions?

- Did you work before becoming ill?
- Do you miss your friends from work?
- Do you feel your life had more purpose when you were working?
- Do you want to return to work?
- Do you want to try a new job, perhaps something you always wanted to do?

Then consider using your state's Rehabilitation Services office to help you.



## How to Apply for Rehabilitation Services

Contact the social worker at your dialysis facility or transplant center or call your local area office of rehabilitation services.

### Illinois Department of Human Services

The Illinois Department of Human Services provides services in 48 local offices located in communities throughout the state.

<http://www.dhs.state.il.us>

Use the DHS Office Locator and search for Rehabilitation Services to find the nearest local office or call toll-free:

**(800) 843-6154 or  
(800) 447-6404 (TTY)**

For more information or to file a grievance, please contact:

Qsource ESRD Network 10  
911 E. 86th Street, Suite 30  
Indianapolis, IN 46240  
Patient Toll-Free Line: 800-456-6919

[esrdnetwork10@qsource.org](mailto:esrdnetwork10@qsource.org)

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## Rehabilitation



## Getting Back to Work

It's possible to live a full life as a dialysis patient. Kidney disease doesn't mean you have to give up being active. There are services and support available to assist those with disabilities who wish to return to employment or school.



[esrd.qsource.org](http://esrd.qsource.org)

## Adjusting to Chronic Kidney Disease



When you first start a treatment for kidney failure, you may feel too sick to work or go to school. However, after you adjust to being on dialysis or having a transplant, you should start feeling better. You may find that you are ready to work or go to school.

There are many ways for you to stay active. You might decide to work full time or part time, go back to school for one class or several, work at home, volunteer for your church or community, or spend time with a hobby.

If you need to learn new skills to change jobs, there are organizations that can help you. One of the organizations that may be able to help you is Rehabilitation Services.

## Rehabilitation Services

Rehabilitation can be thought of as a way for you to regain your strength, to relearn skills, to find new ways of doing things that you did before, or to restore your livelihood. Rehabilitation Services assists patients in meeting their goals of retraining for a new job, or returning to work. You may benefit from training or financial assistance for college or technical school.

The goal for Rehabilitation Services is to help people continue their education, keep their jobs or get new jobs. They can help you with job training, classes at community colleges, and job placement. The social worker at your facility can help you get in touch with Rehabilitation Services or other job counselors in your area.

### You Are Eligible for Rehabilitation Services

- If you are on dialysis
- If you can no longer perform your current job and need retraining
- If you have the potential to be successfully rehabilitated
- If you want to work

### What Rehabilitation Services Will Need

- Record of your work history
- Your Social Security card
- Health insurance information (all your insurance cards)
- Names and addresses for each doctor you see
- History of your education
- Rehabilitation Goal (what kind of work or training you want)