

Patient Steps for Change

Are you ready for change?

Use this handout created by patients for patients to help you take small steps to make big changes for better health.

Content



Not thinking about making a change anytime soon.

"I'm doing ok. I'm happy with how I'm doing and how I feel."

Thinking



Thinking that something may need to change to meet my goals.

"I met another patient who does home hemodialysis and it made me want to learn more to see if it would be a good fit for me. I started asking for more information."

Acting



Setting my plan to meet my goal for change.

"I want to get a transplant. I called the transplant center to learn more and scheduled an appointment to get my evaluation started."

Achieving



Moving forward on steps and reaching my goal.

"I started my home training this week and am already noticing a difference in how I feel."

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

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