

Kidney Transplant and Older Adults

What You Need to Know

Can Older Adults Receive a Kidney Transplant?

Yes! Many older adults do very well after a kidney transplant. Many experience:

- Better quality of life
- More energy
- Independence from dialysis
- Fewer food and fluid restrictions

Because transplant benefits take time to appear, your healthcare team will make sure it is the right choice for you.

How Do Providers Decide if a Transplant Is Safe for You?

Your team will look at your overall health, not just your age. They may assess:

- Heart and physical health
- Ability to walk, exercise, or handle daily tasks
- Memory and thinking skills
- Support system (family, friends, caregivers)
- Ability to manage medications and appointments

These are a few factors that can help determine if a transplant will be safe and successful.

What Increases Success for Older Adults?

A Kidney From a Living Donor

A living donor kidney often:

- Works better and lasts longer
- Has a lower risk of complications
- Shortens the waiting time



Acceptance of a Higher KDPI Kidney

- Donated kidneys are scored from 0-100. This is the Kidney Donor Profile Index (KDPI).
- The score estimates how long the kidney will work compared to other kidneys.
- A higher KDPI kidney can help some older adults get a transplant sooner.

Following the Care Plan

When considering a transplant, it's important to:

- Take all medications exactly as prescribed
- Attend all dialysis sessions and keep up with medical appointments
- Maintain healthy habits, including but not limited to, diet, activity, no smoking, etc.

Risks to Consider

A transplant is major surgery. Possible risks may include:

- Infection
- Surgical complications
- Medication side effects
- Chance the kidney may stop working later

Your care team will discuss what these risks mean for you.

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

Qsource ESRD Networks

3725 Champion Hills Drive, Ste. 3100
Memphis, TN 38125

ESRD Network 10: Toll-Free: 800-456-6919

ESRD Network 12: Toll-Free: 800-444-9965



esrd.qsource.org