

# Turned Down for a Kidney Transplant Due to Age? You Still Have Options

## 1. Ask Why

Get a clear explanation of the decision.

Ask what specific health or support issues, not just age, affected your eligibility.

## 2. Ask If You Can Be Re-evaluated

Some concerns can improve. You may be reconsidered if you:

- Build strength
- Improve overall health
- Increase support at home

## 3. Consider a Second Opinion

Different transplant centers have different criteria. Another center may be willing to evaluate you.

## 4. Ask About Living Donor Options

A living donor kidney may make you eligible even if you were declined initially.

## 5. Consider Accepting a High KDPI Kidney

- Donated kidneys are scored from 0-100 called the Kidney Donor Profile Index (KDPI)
- The score estimates how long the kidney will work compared to other kidneys
- For many older adults, accepting a higher KDPI kidney can lead to a transplant sooner and less time on dialysis.



## 6. Strengthen Your Support System

Having reliable help with appointments, medications, and recovery can improve transplant eligibility. Friends, neighbors, faith-based or community groups can be helpful.

## 7. Explore Other Treatment Options

If transplant isn't possible now, ask about:

- Home dialysis
- Assisted home dialysis
- Symptom and quality of life support

## 8. Remember: "No" Is Not Always Final

Eligibility can change over time. Keep asking questions and advocating for your goals.

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

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