

PEERS lending support

WHAT IS IT?

- A national, telephone-based peer support program from the National Kidney Foundation
- Connects people who want support with someone who has been there
- Helps people adjust to living with chronic kidney disease, kidney failure, or a kidney transplant

WHY PARTICIPATE?

Because you may:

- Want more one-on-one support than your health-care professional can provide in a brief office visit
- Benefit from talking to someone who has been there
- Wish to help others by sharing your own personal experience about living and coping with kidney disease

HOW WILL PARTICIPANTS INTERACT WITH EACH OTHER?

- Participants call a toll-free, automated telephone system to connect to each other. They do not disclose personal phone numbers or incur long-distance charges.
- The automated telephone system allows participants to leave voicemail messages for their partners and block calls at certain hours.
- Telephone services are provided free-of-charge by the National Kidney Foundation.

HOW DO I QUALIFY?

To become a mentor who provides support, you must:

- Have access to a telephone
- Have chronic kidney disease, kidney failure, or a kidney transplant
- Be someone that others can relate to, identify with, and learn from
- Be willing to complete a comprehensive telephone-based training program
- Be competent and ready to become a mentor after training
- Be able to communicate well with others
- Be culturally sensitive, empathetic, and understanding



To qualify and receive support from a peer you must:

- Have access to a telephone
- Be willing to be interviewed, assessed, and matched with a peer mentor
- Have at least one of the following characteristics:
 - Be newly diagnosed with chronic kidney disease
 - Need help adjusting to chronic kidney disease or kidney failure
 - Be new to dialysis
 - Be considering a kidney transplantation or already have a kidney transplant



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