

Honoring Care Partners

OF INDIVIDUALS WITH KIDNEY DISEASE

Caring for someone with a chronic disease can be hard, especially if they have chronic kidney disease (CKD) or an inherited kidney disease like polycystic kidney disease (PKD), which affects the patient and their loved ones.²

Care Partner Responsibilities



Meal Preparation
Following a kidney healthy diet



Finances
Managing finances and legal matters



Medical Needs
Providing medications and treatments such as home dialysis¹



Frequent Appointments
Transportation to transplant follow-up appointments or in-center dialysis¹

Challenges Of Being A Care Partner



Physical Exhaustion & Poor Health
Nearly 1 out of 4 feel that care partnering has worsened their own health¹



Financial Hardship
• 27% have trouble finding affordable services¹
• 18% of care partners report financial concerns¹



Stress & Frustration
Care partners express difficulty coordinating care with multiple doctors¹



Emotional Turmoil
21% of care partners report feeling isolated and alone¹

Tips For Care Partners

TIP 01

TRUSTED FRIENDS
Share feelings and frustrations with a trusted friend.³



TIP 02

SUPPORT GROUPS
Use respite services and join support groups like:
kidney.org/nkfcare
caregiver.org
connect.pkdcure.org



TIP 03

SELF-CARE
Take care of your physical and mental health. Exercise, eat a healthy diet, and get enough sleep.³



TIP 04

STRESS MANAGEMENT
Learn to manage stress and get help from therapists, social workers, or clergy.



TIP 05

KNOW YOUR LIMITS
Know your physical and emotional limits.



TIP 06

UNDERSTANDING
Understand your loved one may need more care as the disease progresses.³



References

1. <https://www.caregiving.org/wp-content/uploads/2021/01/full-report-caregiving-in-the-united-states-01-21.pdf/> Accessed October 2021.
2. Falke et al. JAm Soc Nephrol. 2018;29(10):2451-2452.
3. <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout/> Accessed October 2021.

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