

# Honoring Caregivers

## 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.<sup>2</sup>

### Caregiver Responsibilities



**Meal Preparation**  
Following a kidney healthy diet



**Finances**  
Managing finances and legal matters



**Medical Needs**  
Providing medications and treatments such as home dialysis<sup>1</sup>



**Frequent Appointments**  
Transportation to transplant follow-up appointments or in-center dialysis<sup>1</sup>

### Challenges Of Caregiving



**Physical Exhaustion & Poor Health**  
Nearly 1 out of 4 feel that caregiving has worsened their own health<sup>1</sup>



**Financial Hardship**

- 27% have trouble finding affordable services<sup>1</sup>
- 18% of caregivers report financial concerns<sup>1</sup>



**Stress & Frustration**  
Caregivers express difficulty coordinating care with multiple doctors<sup>1</sup>



**Emotional Turmoil**  
21% of caregivers report feeling isolated and alone<sup>1</sup>

### Tips For Caregivers

**TIP 01**

**TRUSTED FRIENDS**  
Share feelings and frustrations with a trusted friend.<sup>3</sup>



**TIP 02**

**SUPPORT GROUPS**  
Use respite services and join support groups like:  
[kidney.org/nkfcare](http://kidney.org/nkfcare)  
[caregiver.org](http://caregiver.org)  
[connect.pkdcure.org](http://connect.pkdcure.org)



**TIP 03**

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



**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.<sup>3</sup>



#### 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.