

Support Group Resources

Support groups for kidney patients and their families can help them cope with living with a chronic illness and know that they are not alone. Group members have the opportunity to develop friendships, share thoughts and feelings, benefit from the experience of others, and receive emotional support in a safe, welcoming environment.

Social workers may find that a support group can be a positive intervention to use regarding psychosocial status in the patient plan of care of the Conditions for Coverage. Here are resources to assist you in developing or maintaining a support group.

Renal Outreach

The Renal Network patient newsletter contains articles on patient advocacy groups.

Starting a Patient Group is a short article focusing on the benefits of patient groups.

http://www.therenalnetwork.org/resources/resources/RO14_3.pdf

Patient Advocacy Groups: They Really Do Work provides examples of how patients' attitude and behavior can change when they feel they matter and they are part of something important.

http://www.therenalnetwork.org/resources/resources/RO14_3.pdf

Our Support Group at HDD describes a facility support group's goal is to educate, promote good health and celebrate life.

http://www.therenalnetwork.org/resources/resources/RO17_2.pdf

HOPEline

This Renal Support Network (RSN) program offers the opportunity for kidney patients and family members to have direct contact with a caring and knowledgeable patient who can share his/her experiences and offer hope.

<http://www.rsnhope.org/programs/HopeLine.php>

800-579-1970

A Nephrologist as a Cancer Patient Finds Enlightenment in a Support Group

Stephen Z. Fadem shares his experiences and his belief in the value of support groups.

<http://www.ikidney.com/article.php?id=20080118210158>

866-903-1728

On-Line Support Groups and Discussions

Life Options provides links for dialysis and transplant groups and for groups that focus on many topics that relate to chronic kidney disease.

<http://www.lifeoptions.org/links/links.php?sect=11>

800-468-7777

The Self-Help Resource Center of Greater Toronto

The goal of the center is to provide self help, increase awareness of community self help groups and to facilitate the growth and development of self help groups, networks and resources. The center has a link on, *How to Start and Maintain a Self Help Group* which is translated in 5 languages.

<http://www.selfhelp.on.ca>

888-283-8806 (Ontario)

