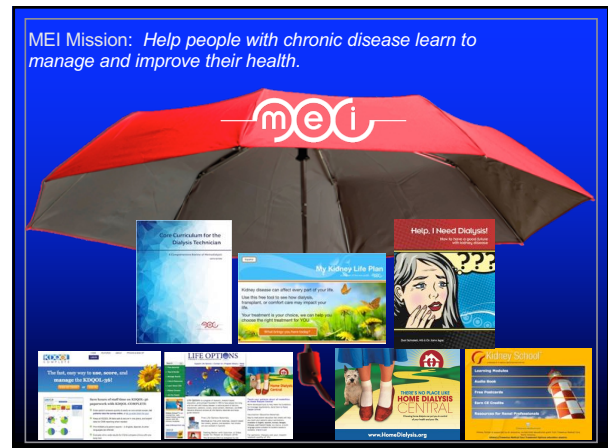




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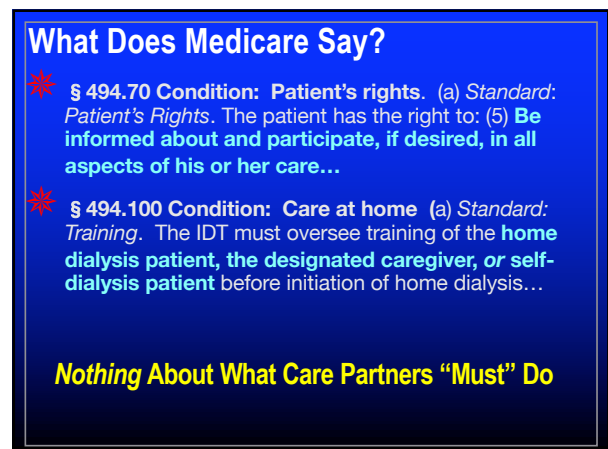
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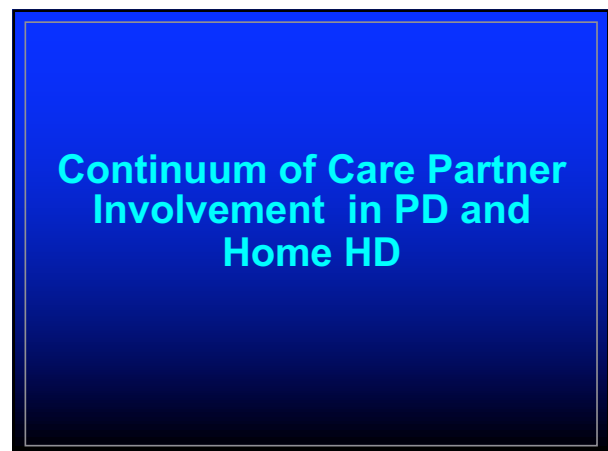
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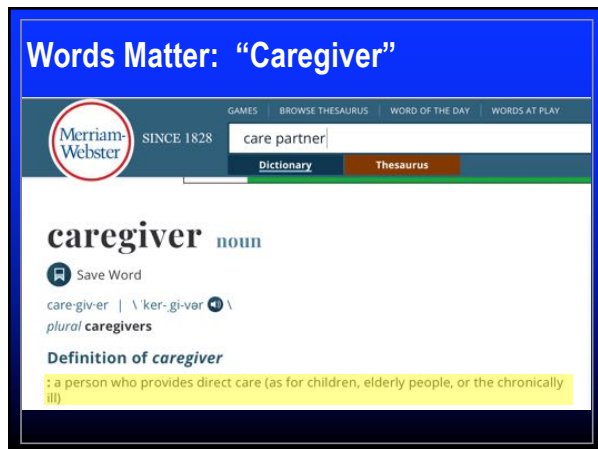
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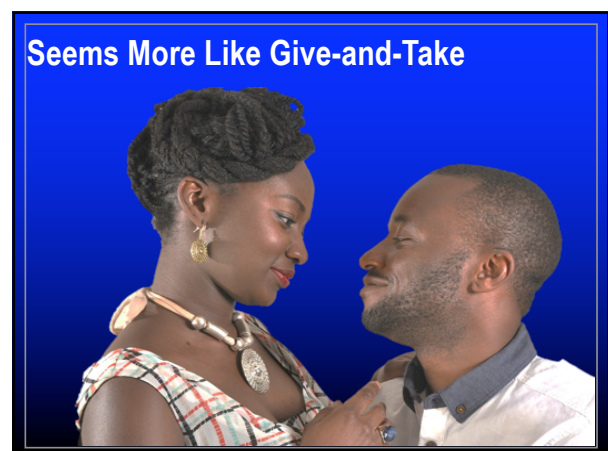
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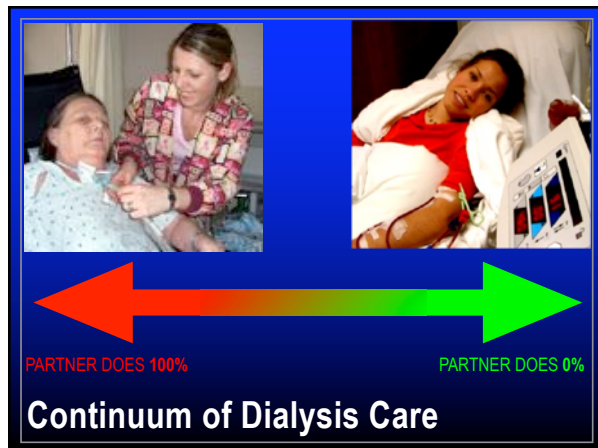


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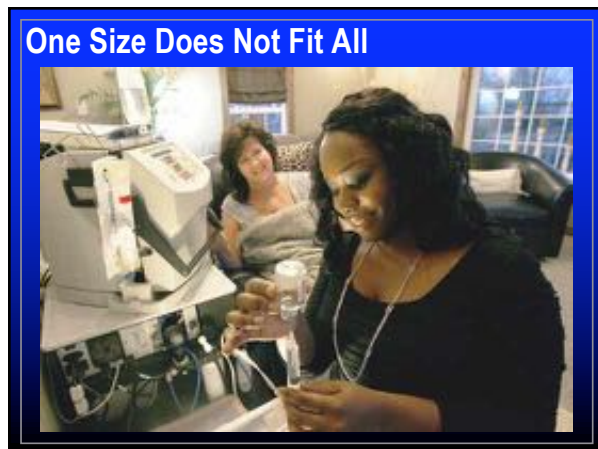
19

### Care Partner Involvement Can Change Over Time

- Health status (of either)
- Employment status (of either)
- Relationship status

An illustration shows a person with red hair lying in a bed, looking at a laptop. A Siamese cat sits on the desk next to a cup of coffee. The laptop screen displays "COVID-19 UPDATES".

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### Expect *Patients* to do All They Can<sup>1</sup>

- Empowers patients
- Reduces partner burden
- Can help *both* thrive

A photograph of a woman in a dialysis center, standing next to a machine and looking at a small screen. Another person is visible in the background.

Wise M et al. Hemodial Int. 2010 14:278-288

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### Two Tools to Help Patients and Care Partners

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### 2015: My Life, My Dialysis Choice

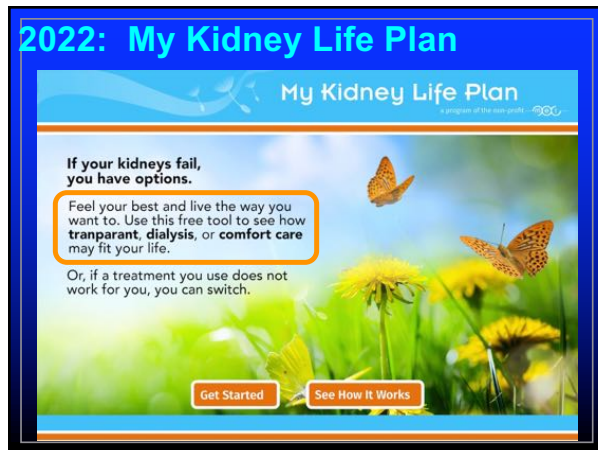
My life, My Dialysis Choice  
a program of the non-profit ...

If your kidneys fail, dialysis can save your life.  
But, dialysis is not just a medical treatment.  
It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for you, so you can feel your best *and* live the way you want to.

[Get Started](#)

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## Choose 3 Values

**What matters most to you?**

Check the values that matter most to you. For each value you select, you'll be able to rate how each treatment option fits your life. We'll show you a summary when you're done.

**My Health Values:**  
I Want To...

- ☒ Feel well from day to day
- ☐ Sleep well
- ☐ Protect my heart
- ☒ Protect my brain
- ☐ Protect my nerves and bones
- ☐ Avoid needles
- ☐ Take as few medicines as I can
- ☐ Get a **transplant**
- ☐ Stay out of the hospital

**My Lifestyle Values:**  
I Want To...

- ☐ Work or go to school
- ☐ Travel
- ☐ Eat and drink what I like
- ☐ Swim and/ or take tub baths
- ☐ Have my pets
- ☐ Afford my care
- ☒ Feel in control of my time and life
- ☐ Not turn my home into a clinic

**My Relationship Values:**

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## Rate Each Value with 0-5 Stars

**Daily HD & Feel well**

★★★★☆

- People tend to have much more energy.
- They feel well about **1 hour** after each treatment.
- There is much less pain vs. **standard in-center HD**.

**But...**

- It takes energy to do **daily HD** and deal with supplies.

**Nocturnal HD & Feel well**

★★★★★

- People tend to have much more energy.
- It takes **6-20 minutes** to feel well after each treatment.
- There is much less pain vs. **standard in-center HD**.

**But...**

- It takes energy to do **nocturnal home HD** and deal with supplies.

**Transplant**      Surgery to get a new kidney from a donor.

Most people who got a **transplant** had more energy—and less pain.

**Transplant & Feel well**

★★★★★

- Of 1,200+ people, **50-60%** had much more energy.

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## Share Summary with Care Team

[Español](#) **My Kidney Life Plan**  
a program of the non-profit 

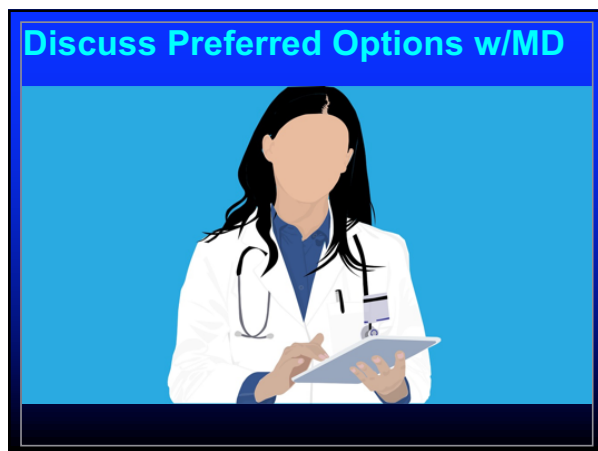
Summary Progress: Summary

**Totals**

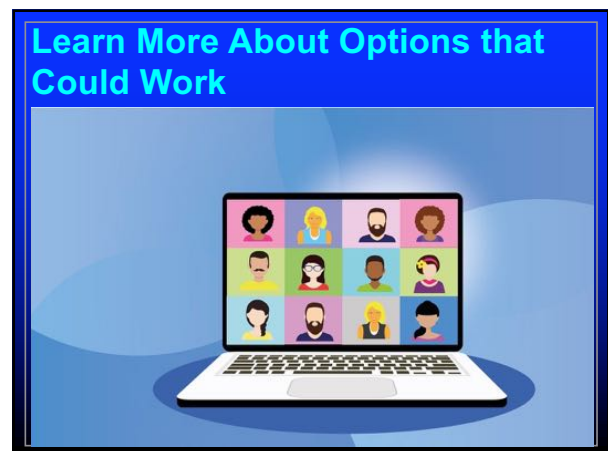
My Values	PD	Standard HD	Daily HD	Nocturnal HD	Qd Transplant	Comfort Care
Feel well	★★★	★	★★★★	★★★★★	★★★★★	
Brain/Nerves	★★		★★★	★★★★	★★★★★	
Feel in control	★★★★	★	★★★	★★★★★	★★★★★	
<b>Totals</b>	9	2	10	14	14	0

[Add More Values](#)

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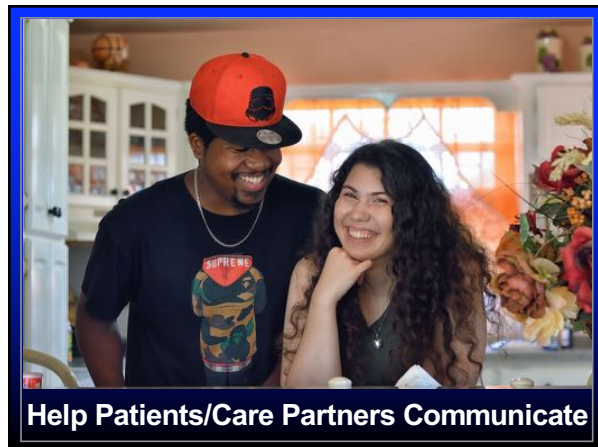
## Use MEI's Free PATH-D Tools

[www.homedialysis.org/path-d](http://www.homedialysis.org/path-d)

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**Compare Answers and Discuss**

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## Observe Patient-Care Partner Pairs

### Good Signs

- Affection
- Cooperating
- Explaining
- Listening
- Teamwork

### Red Flags

- Ignoring
- Insulting
- Shaming
- Swearing
- Yelling

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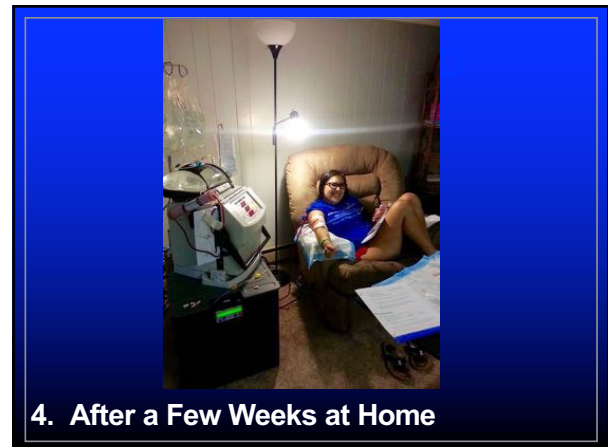
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## Take Aways

- \* Medicare NEVER says what partners "must" do!
- \* Scope of care partner tasks varies—and changes.
- \* My Kidney Life Plan and the PATH-D tools can help with treatment choice and task division.

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