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The Kidney Connection

Week 6: Kidney Disease Resource Guide

This guide is here to help you find support, save money, and feel more confident managing your care.

Help with costs & support

These organizations can help with money, insurance, and connecting with others:

- **American Kidney Fund (AKF)**
  Helps pay for things like dialysis, medications, insurance, and transportation.
- **National Kidney Foundation (NKF)**
  Offers help understanding insurance, plus online support groups and mentors.
- **Renal Support Network**
  Connects you with other patients, support groups, and education.
- **American Association of Kidney Patients (AAKP)**
  Provides education, advocacy, and resources to help you stay informed and involved in your care.

Insurance & financial coverage

You may qualify for these programs:

- **Medicare**
  Covers dialysis and transplant care—even if you're under 65 in some cases.
  Also helps cover anti-rejection medications after transplant.
- **Social Security (SSDI/SSI)**
  May provide disability income if your kidney disease prevents you from working.

Travel & transplant support

If you're considering or preparing for a transplant:

- **National Living Donor Assistance Center**
  Helps cover travel and lodging costs for your donor.
- **Angel Flight**
  Provides free flights for medical care, including transplant-related travel.

Dialysis patient support

You already have your Evergreen Care Team that can help:

- **Social Workers**
  Help with insurance, emotional support, and finding resources.
- **Dietitians**
  Help you understand what to eat to stay healthy.
- **Transportation programs**
  May be available locally—ask your care team.

Understanding transplant options

These organizations can guide you:

- **UNOS (United Network for Organ Sharing)**
  Manages the transplant waiting list and explains how matching works.
- **National Kidney Registry**
  Helps match living donors with patients.

Emotional support & someone to talk to

You don't have to go through this alone.

- **Warmlines (warmline.org)**
  Free, confidential support from someone who understands.
  (Not for emergencies—just someone to talk to.)
- **988 Lifeline**
  Call or text 988 if you're in emotional distress or crisis. Available 24/7.

Everyday help in your community

You don't have to go through this alone.

- **211 (United Way)**
  Call or text 211 for help with food, housing, transportation, and more.
- **findhelp.org**
  Search for free or low-cost services near you.

There are many resources and people ready to support you—financially, medically, and emotionally. If you're unsure where to start, your care team can help guide you.

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