



MEMORANDUM

To: Social Worker
All Dialysis Facilities

From: Jenna Freeman, MSW
Patient Services Manager

Subject: **Vocational Rehabilitation Educational Material**

Date: June 30, 2011

Enclosed you will find the resource/educational materials regarding Vocational Rehabilitation for ESRD patients. This educational packet should be shared with all of your patients as it provides resources for the patients' return to the work force. It is the hope of ESRD Network 18 that all patients are exposed to information that can improve their Quality of Life which may include exploring employment and educational opportunities. Why should a patient be referred to Vocational Rehabilitation?

- ✓ Increased independence.
- ✓ Higher self esteem, less depressed.
- ✓ Social opportunities.
- ✓ Fewer barriers to health care.
- ✓ More likely to get a transplant.
- ✓ Higher income.
- ✓ Insurance coverage.

Pursuit of personal rehabilitation goals can help ESRD patients to stay healthier and feel better. Research shows that people on dialysis who keep working feel better. They are more physically able, have less pain, and have better general health and energy.¹ Better physical functioning predicts fewer and shorter hospital stays - and a longer life.²

Southern California Renal Disease Council, Inc.

- Guidelines for Assessment and Referral to Vocational Rehabilitation.
- Vocational Rehabilitation Best Practices Checklist.
- Work Incentive Planning and Assistance (WIPA).
- Vocational Rehabilitation Website Resources.
- Ticket to Work Program Information.
- Guide to Working with Your Local Vocational Rehabilitation Office.
- California Department of Rehabilitation South Region Offices.

Life Options

- Building Quality of Life: A Practical Guide to Renal Rehabilitation.
- Employment: A Kidney Patient's Guide to Working and Paying for Treatment.
- Life Options Catalog of Materials.

Medical Education Institute

- Keeping Your Job When You Need Dialysis.

Social Security Administration

- Fact Sheet 2011 (English).
- Fact Sheet 2011 (Spanish).
- Understanding the Benefits.
- Working While Disabled – A Guide to Plans for Achieving Self Support.
- Working While Disabled – A Guide to Plans for Achieving Self Support (Spanish).
- Working While Disabled – How We Can Help.
- Working While Disabled – How We Can Help.
- Your Ticket to Work.
- Your Ticket to Work (Spanish).

State of California: Department of Vocational Rehabilitation

- Vocational Rehabilitation Services Application.
- Vocational Rehabilitation Services Application (Spanish).

1 Blake C, Codd MB, Cassidy A, O'Meara YM. Physical function, employment and quality of life in end stage renal disease. *J Nephrol*; 13 (2): 142-9, 2000.

2 Lowrie EG, Curtin RB, LePain N, Schatell D. Medical outcomes study short form-36: a consistent and powerful predictor of morbidity and mortality in dialysis patients. *Am J Kidney Dis*. 2003 Jun 41 (6): 1286-92