



# Vocational Rehabilitation

**"Did You Know.." Print Out**



GOOD NEWS!

# DID YOU KNOW...

## Dialysis patients can work and keep their Social Security check?

### What are the benefits for your patients?

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

The pursuit of personal rehabilitation goals can help dialysis patients stay healthier and feel better. In fact, 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.<sup>1</sup> Better physical functioning predicts fewer and shorter hospital stays – and a longer life.<sup>2</sup>

Talk with your patients about the benefits of maintaining an active lifestyle before they decide to go on disability. If you are not comfortable doing this, consult a local renal social worker.

Your intervention can have an impact on the social functioning of patients!

#### More Information

- SSA - [Working While Disabled](#)
- HealthInsight ESRD Network 18 - VR links and tools for download at [www.esrdnetwork18.org](http://www.esrdnetwork18.org) or patients can call **888-268-1539**.

<sup>1</sup> 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.

<sup>2</sup> 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

