

Your Journey: Coping With and Adjusting To Dialysis



For more information scan this QR code or go to myhealth.alberta.ca/coping-and-adjusting-to-dialysis-pathway

Living with dialysis is not easy and many people need extra support. Emotional wellbeing (how you think, feel, and act) is an important part of living well with dialysis. This pathway will help you to know what to expect as you work with your healthcare providers, and cope with and adjust to dialysis.

Remember, you are the most important part of your healthcare team. If you have any questions along the way, please ask your healthcare team.

Understanding your wellbeing

- Consider your health and wellbeing which includes physical, emotional, spiritual, financial, and social elements.
- Write down how you feel, your symptoms, and any questions or concerns.



Talking with your dialysis healthcare provider

- Consider some ways to start a conversation about your emotional wellbeing.
 - Ask: "Can I talk to you about how I'm feeling with my dialysis?"
- Share your symptoms and concerns with your healthcare provider.
- Use words that you feel comfortable with.
- If you feel comfortable, consider bringing a family member or friend to support you.



Answer some questions

- Answering some questions can help you understand how you are coping with dialysis.
- These questions may include how you have been feeling in the last 24 hours, 2 weeks, or in your lifetime.



Review your answers

- Talk with your dialysis healthcare provider about your answers.
- Clarify and discuss anything you would like more information on.



Review your resources & management options

- Your healthcare provider may help you better understand your emotional wellbeing and give you important strategies to live well with dialysis.
- There are many options, such as exercise, meditation, psychological counselling, medication options, and more. Decide with your healthcare provider what may work best for you.



Talk with your healthcare provider about a referral

- You may need or want a referral based on your specific needs.
- Ask who you are being sent to and what they do.
- Ask how long it will take to be seen and what you should do if you don't hear back.



Manage and watch your emotional wellbeing

- As time changes, so does how you feel, think, and act.
- Check in with yourself and your healthcare provider regularly and be aware of any symptoms that suggest you might need a different level of support.



Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

Important Tips:

Need a family doctor?

ahs.ca/findadoctor

Need a translator or interpreter?

Let your healthcare provider know

Need health advice?

Call Health Link at 811

Need to find programs and resources in your community?

Call 211 or visit ab.211.ca