



Getting Creative to Break Down Barriers to Home Dialysis

Home dialysis treatment options work for many people. There are many benefits of dialyzing at home, like slower and long treatments, which can lead to better outcomes. The decision to choose a home therapy should be discussed with the patient, family, caregiver, and healthcare team. There are several potential barriers to home dialysis therapy and this guide may help you find alternative solutions. Here are some commonly reported barriers and a process to find solutions.

 Barrier	 Dive Deeper	 Brainstorm and Expand Solutions
Lives alone and has no one to help with home dialysis	• Can the training be longer to ensure patients feel comfortable with the process before being home alone? • Does their insurance pay for someone to help with home dialysis? • Does the home program offer a 24/7 on-call nurse if patients need help?	• Review Questions to Ask When Considering a Home Dialysis Therapy. • Have the social worker find support groups or connect the patient with another home patient to offer support. • Home Dialysis Central provides answers to many of the insurance questions.
Lives in a small house/apartment and doesn't have storage space	• Can the training staff provide guidance on supply storage during their home visit? • Is there an option for every two-week supply delivery versus once a month?	• Use spaces (e.g., top shelves in closets, under the bed, or the kitchen) for supplies. • Use My Home Dialysis Checklist.
Lives in a rural area and has difficulty with transportation	• Can the training be done in the patient's home? • Is it possible to carpool with other patients? • Are there others in their social network (e.g., church, neighbors) who can help with transportation?	• Ask the facility social worker to assist with gas cards from American Kidney Fund. • Implement telehealth options (e.g., phone, video, and secure messaging).
Has limited vision, reading, or another reason why learning home dialysis might be hard	• Does the facility have bilingual staff or a translation service? • Does the home training program offer education in audio or large print for patients with poor vision? Are they using a peritoneal dialysis cyclor machine that has audio instructions? • Do they have friends or family that can be involved with the training?	• Use the organization's translation service or Google Translate. • Use a machine that offers audio instructions for setting up and troubleshooting. • Offer audio educational material versus written, such as: – Treatment Options: Peritoneal Dialysis (Audio) – Home Dialysis May Be the Right Option for You (Audio)



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Resources' web addresses:

ESRD NCC Questions to Ask When Considering a Home Dialysis Therapy:

https://esrdncc.org/contentassets/1c89def210574388834930c88be14e29/consideringhomedialysis_508.pdf

Home Dialysis Central: <https://homedialysis.org/home-dialysis-basics/paying-for-treatment>

ESRD NCC My Home Dialysis Checklist: <https://esrdncc.org/globalassets/patients/myhomedialysischecklist508.pdf>

Google Translate: https://play.google.com/store/apps/details?id=com.google.android.apps.translate&hl=en_US&gl=US&pli=1

ESRD NCC Treatment Options: Peritoneal Dialysis (Audio): <https://www.youtube.com/watch?v=nsIaVhzpNYc>

ESRD NCC Home Dialysis May Be the Right Option for You (Audio): <https://www.youtube.com/watch?v=IjXd1x8ikw>