

Kidney Stories

Making a Plan

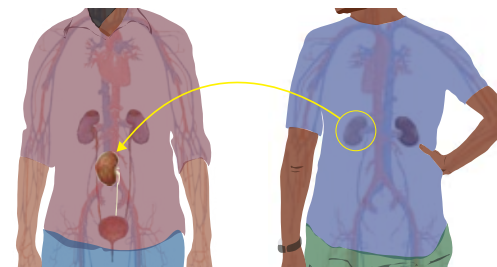
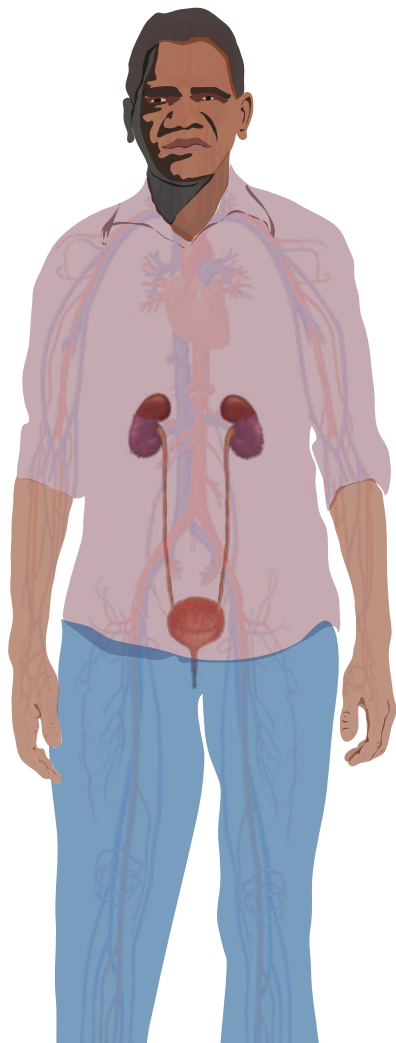
Everyone makes plans. Plans are about deciding **now** what you want to do in the future. Plans are about making sure that someone understands your story and how you would want your story to go.

You can change your plan and story at any time.



Making a Plan

Your kidney story can include what type of treatment you may do.



Making a Plan



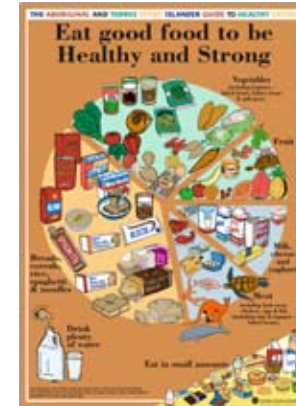
Everyone has different sicknesses. The doctor may say that some treatments are not good for you.

You may decide that some treatments are not good for you.

It is important that you understand your kidney disease and treatment choices so that you can decide on your kidney story and make a plan.

Making a Plan

Making the right life choices will help you to live longer and feel better.

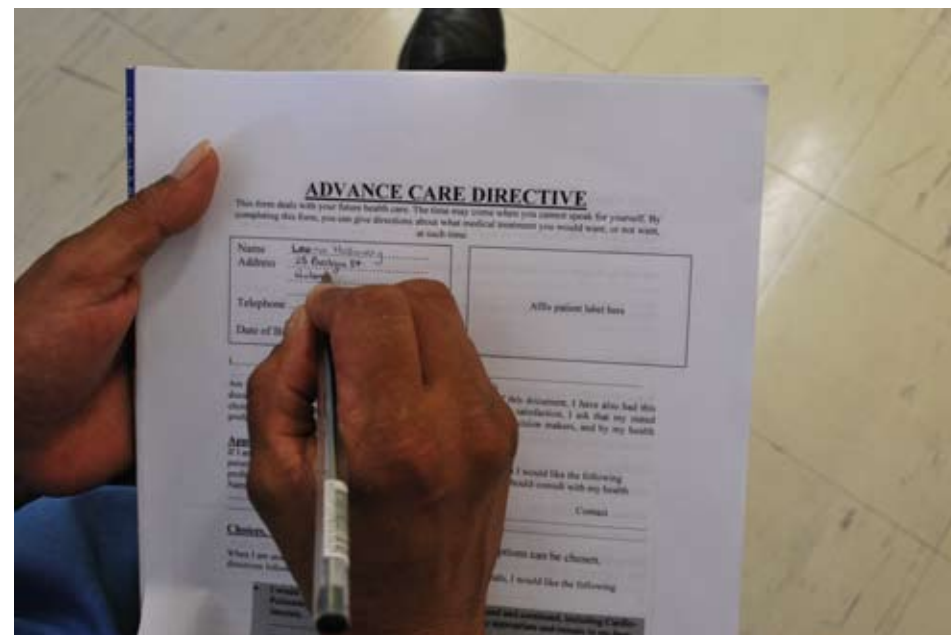


Making a Plan



This is called an Advanced Care Plan (ACP) and it tells your doctors and family what you have decided about how you want to manage and treat your kidney disease.

When you are ready to make a plan for your kidney story, talk to the health clinic or kidney team. They will help you to write down your story so that everyone will know what you have decided.



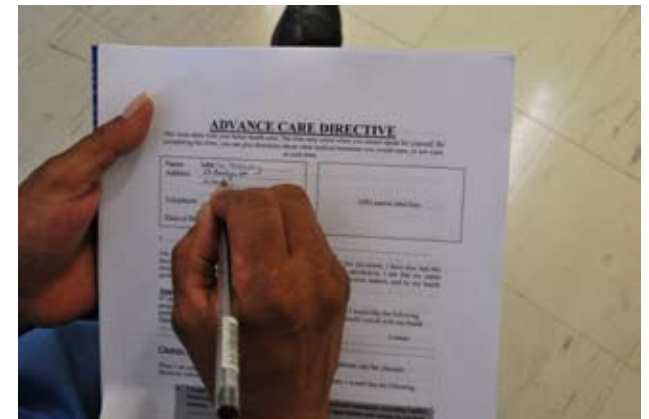
Making a Plan



Some people do not want to have dialysis.

If you do not want dialysis you can talk with your family and kidney doctor about how you want your story to go for the rest of your life.

You can put this story in your plan.



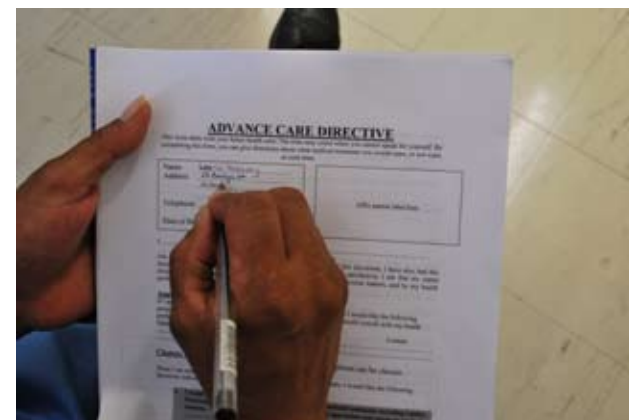
Making a Plan



If you start dialysis you can change your mind later and stop the treatment.

Talk about it with your kidney doctor, nurse and family.

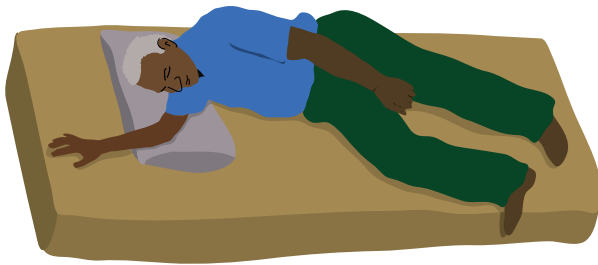
This can be put in your plan too.



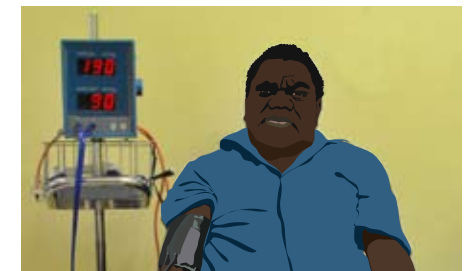
Making a Plan

You may have other sicknesses as well as kidney disease.

- Short wind
- Heart problems



- Diabetes



- Blood pressure

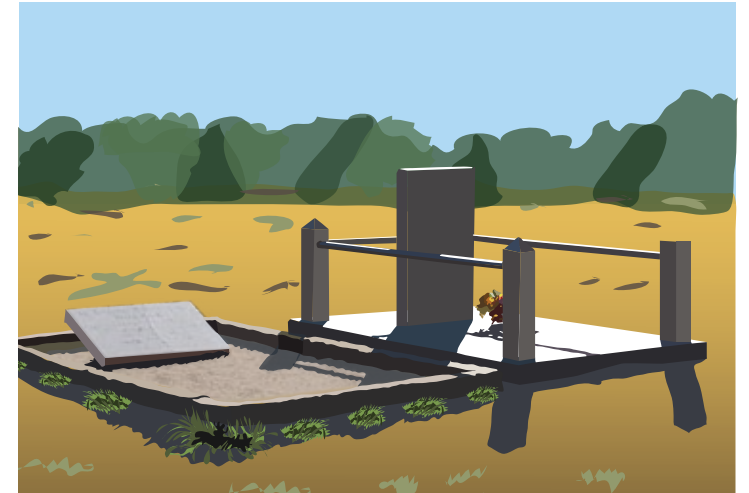
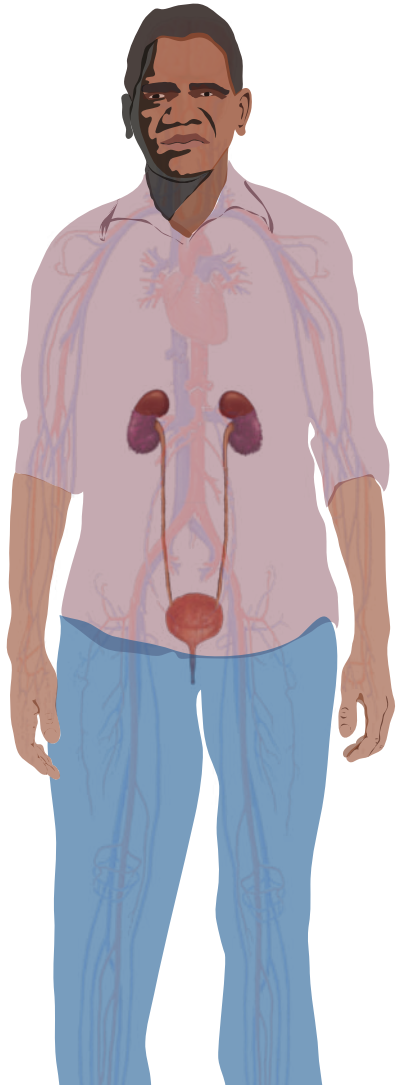
These may get worse over time and you may become too sick to speak for yourself.

It is important that your story is written down so that your doctors and family know what to do.



Making a Plan

You can decide how you want to finish up.



Kidney Stories

Palliative Care



Palliative Care is for people that have a sickness that cannot be cured or fixed and they will pass away.

Palliative care means getting help from health care workers and family to help you pass away the way you want, in a safe and comfortable way.

Palliative Care



Every body passes away in different ways.

It may take a long time - months or year.

It may take a short time - days or weeks .

Palliative Care

These are some of the things you will feel :



- Itchy skin



- Short wind



- Confusion



- Don't feel hungry



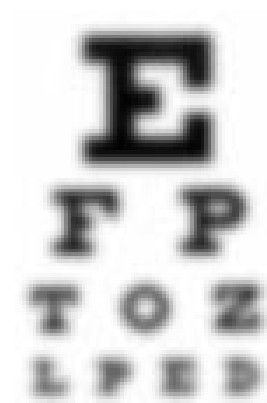
- Tired and weak



- Sadness or depression



- Puffy - bloated legs and tummy



- Blurry vision

Palliative Care

Taking medicines can help you feel more comfortable.



Using a patch will take some of the pain away.



Palliative Care



There are different places where you can get care when you finish up.

You can finish up at home, at your community

Palliative Care



You can finish up at the hospital.

You can finish up at a hospice.



Palliative Care



Even if you are very sick, at the hospital we can still help you to go home and finish up with your family.

Palliative Care



Most of the time people will become very sleepy and will pass away in their sleep very quietly.

Kidney Stories

The Chronic Kidney Disease Book

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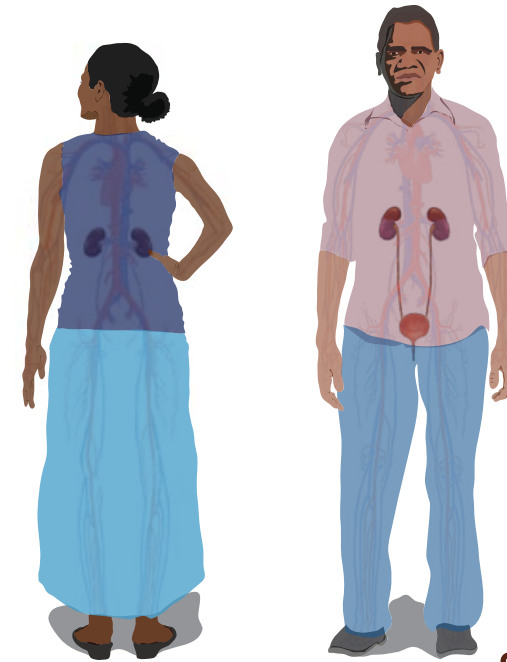
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