

# Life Options Catalog of Materials



The Life Options Rehabilitation Program provides FREE information about living long and living well with kidney disease for patients and professionals.

To obtain free materials, download or order them from the Life options website: [www.lifeoptions.org](http://www.lifeoptions.org). If you do not have Internet access or you have questions, call Life Options at (800) 468-7777.

Life Options is administered by the Medical Education Institute, of Madison, WI and supported by Amgen Inc. **AMGEN**



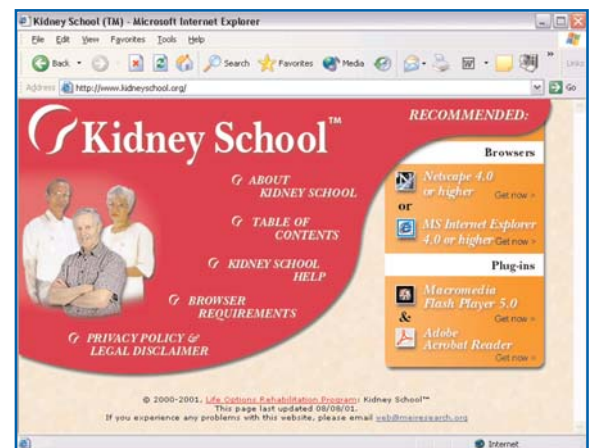
## Kidney School™



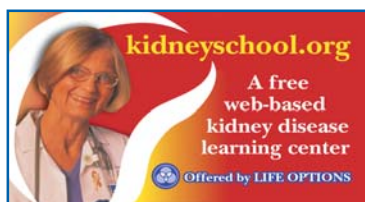
[www.kidneyschool.org](http://www.kidneyschool.org)

Kidney School is a free, personalized learning center for people affected by kidney disease. Based on Life Options research, Kidney School was designed to help patients understand their illness, make good medical choices, and live as fully as possible.

Each 20-minute module has a pre-test, post-test, patient quotes, graphics and animations, a completion certificate, and a Personal Action Plan. Topics include coping with kidney failure, treatment options, anemia, vascular access, nutrition, sexuality, and more!



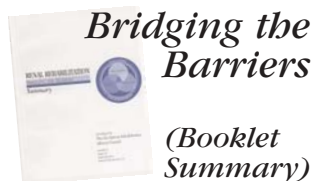
## Professionals: Tell Your Patients about Kidney School!



Full-color Kidney School business cards are an easy, fun way to share Kidney School with your patients. The card briefly describes Kidney School, gives the web address, and includes Life Options contact information. To order, call Life Options at (800) 468-7777. The cost is \$12.00 for 100 cards and \$9.50 for each additional 100 ordered at the same time.

# Patient Materials

## BOOKLETS



*(Booklet Summary)*

Highlights of the complete *Bridging the Barriers* report are presented in this 16-page summary, which includes the rehabilitation timeline and a chart that outlines the roles played by each of the dialysis team members. Shortened versions of recommended action steps for each of the five core rehabilitation principles are also included.

in terms that patients and families can understand. Several patient profiles highlight the reality of rehabilitation. The booklet also explains the “5 E’s,” or bridges to rehabilitation—Encouragement, Education, Exercise, Employment, and Evaluation—identified by the Life Options Rehabilitation Advisory Council (LORAC).



**Education:**

*New Life, New Hope*

This information-packed booklet about living with someone on dialysis was written especially for families and friends of ESRD patients. *New Life, New Hope* is full of answers to common questions and concerns, including

treatment choices, lifestyle changes, rehabilitation, who’s who on the dialysis team, and patient rights and responsibilities. There is also a glossary of frequently used renal terms.



**Exercise:**

*A Guide for People on Dialysis*

This 44-page booklet provides step-by-step instructions for starting and maintaining a sensible exercise program. Written by exercise physiologist and nationally-recognized expert Patricia Painter, PhD, this program focuses on building strength, endurance, and flexibility—three key areas for dialysis patients who want to stay active. Profiles and quotes

from dialysis patients who enjoy the benefits of regular exercise are featured.



**Employment:**

*A Guide to Work, Insurance, and Finance*

Revision available in July, 2003

This primer for patients and families provides basic information about work, insurance, and government regulations. Topics include employment and vocational rehabilitation; Medicare, Medicaid, and health insurance; disability programs, including SSDI and SSI; and federal legislation affecting dialysis patients. The booklet also includes a glossary of terms and a list of resources.



**Encouragement:**

*Bridging the Barriers: For Patients and Their Families*

This 44-page booklet defines renal rehabilitation

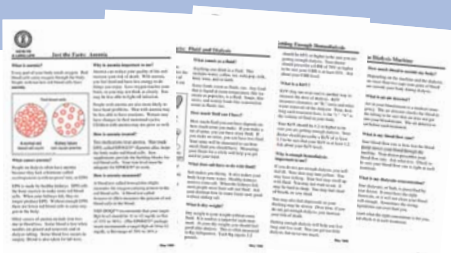
## WORKSHEETS

### *Keys to a Long Life Teaching Tools (Reproducible)*

This complete array of ready-to-copy teaching tools will help dialysis facility staff identify patients’ individual educational needs, develop learning plans, and provide basic information.

#### **Patient Interest Checklists (4)**

These educational needs assessment tools will help facility staff to identify each patient’s learning needs and interests using the appropriate checklist for his or her phase: end-stage renal disease, starting dialysis, early dialysis, and long-term dialysis.



#### **Goal-Setting Worksheet**

Using this step-by-step worksheet, staff can help patients identify and work toward developing goals in any area, from reducing serum phosphorus to spending more time with friends.

#### **Fact Sheets (12)**

Use these easy-to-read fact sheets to respond to patient questions about anemia, vascular access, hemodialysis adequacy, fluids, the dialysis machine, rehabilitation, depression, exercise, how to talk to the healthcare team, restless legs syndrome, skin and hair problems, and traveling on dialysis. Resource lists and frequently-asked questions make these fact sheets both user-friendly and substantive.

## AUDIOTAPES



### *Working Effectively with Your Dialysis Team*

This 32-minute tape features real patients talking about how to feel better and live longer. In five short sections, doctors, nurses, and patients talk about becoming a member of the team, who's on the team, how to participate in care, communications between patients and staff, and communications from staff to patients. Patients offer helpful tips on when and how to ask questions, self-care, and how to have a better life with kidney disease.



### *Voices of Experience: Personal Stories*

This 90-minute audiotape features interviews with four long-term dialysis patients who are getting the most out of life while living with kidney disease. Listening to Mike, Stan, Nancy, and Kathy is a rare opportunity for patients to get straight answers from those with firsthand experience. These individuals have strong opinions about the importance of learning about dialysis, taking an active role in their treatment, and the power of positive thinking.

## NEWSLETTER

Published in *Nephrology News & Issues*

All back issues can be downloaded from the Life Options website



### *Renal Rehabilitation Report* (quarterly newsletter)

The *Renal Rehabilitation Report* is an information-filled, quarterly newsletter for dialysis professionals and patients interested in renal rehabilitation. Issues include regular reports on research, policy issues, and

stories about successful renal rehabilitation initiatives on a local, regional, and national basis. For topline research findings and educational articles about renal rehabilitation, the *Renal Rehabilitation Report* is an excellent resource.

## VIDEO

Out of stock



### *Exercise: A Guide for People on Dialysis*

This 30-minute video presentation is a companion to the patient exercise booklet. It features conversations with dialysis patients about the benefits of exercise, as well as easy-to-follow demonstrations. All of the strength and flexibility exercises recommended in the patient booklet are shown in this video.

# Professional Materials

## BOOKLETS



### *Keys to a Long Life: Staff Idea Guide*

This 19-page booklet is the staff component of the new Life Options *Keys to a Long Life* program of educational and motivational materials for patients. (See Patient Materials section.)

The guide includes detailed descriptions of all the *Keys* materials, tips on how to use them, a discussion guide for the *Keys* patient video, and a comprehensive list of additional patient education materials.



### *Evaluation: Unit Self-Assessment Manual for Renal Rehabilitation*

Assessment is the logical first step for any dialysis unit interested in starting or improving renal rehabilitation programming. This 38-page manual is the complete guide to the use and interpretation of the Life Options *Unit Self-Assessment*

*Tool for Renal Rehabilitation (USAT)*. The manual covers a range of important topics, including the rationale for unit self-assessment, a description of the *USAT* criteria, an explanation of scoring, suggested action steps based on scores, and tips for use of the *USAT*.

## VIDEOS



### *Living with Dialysis:*

#### *Getting the Most Out of Life*

In this 40-minute video, six dialysis patients share how they get the most out of life on dialysis. Inspiring yet practical, this video offers a close-up look into the lives of people who refuse to let dialysis hold

them back. Divided into five short segments, this video can be watched all at once or a little at a time. It will get patients thinking and talking about what they can do to live long and live well on dialysis.



### *For the Nephrologist:*

#### *Caring for People with Kidney Failure*

This 11-minute video—designed to orient nephrology fellows—briefly reviews steps physicians can take to help their patients achieve successful rehabilitation. Concise yet powerful, this video stresses the role of the physician in setting expecta-

tions, conveying information, and involving the patient as a partner in decision-making. Narrated by rehabilitation expert and emeritus LORAC member Christopher Blagg, MD, this video features compelling statements from patients revealing what they want from their doctors.

## AUDIOTAPE



### *For Renal Professionals:*

#### *Working Effectively with Your Dialysis Patients*

This lively 25-minute audiocassette is the perfect companion while driving to work or during another learning time. Doctors, nurses, social workers and patients give practical advice in four sections: chronic vs. acute disease, patients as your partners, improving your communication with patients, and getting through to your patients. Never preachy, and always positive, the tape is easy listening with real-life stories and helpful tips to make your work with patients more rewarding for you both.

## EXERCISE MATERIALS

### *Exercise for the Dialysis Patient*

Because physical activity is an essential component of successful renal rehabilitation, Life Options has produced a multifaceted exercise program for dialysis units and the patients they serve. Individual booklets and videos available include:

#### **For Patients:**

- *Exercise: A Guide for People on Dialysis*

#### **For Professionals:**

- *Exercise for the Dialysis Patient: A Guide for the Nephrologist*
- *Exercise for the Dialysis Patient: A Prescribing Guide*
- *Exercise for the Dialysis Patient: A Guide for the Dialysis Team*
- *Exercise for the Dialysis Patient: A Video Guide for the Dialysis Team*



## POSTERS



### *Year after Year. . .*

#### *A Good Life on Dialysis*

Brighten everyone's mood with this colorful, full-sized poster (22" x 34"). Printed in Spanish as well as English, the poster features photos of five active patients: proof positive that

life on dialysis can be full and productive. Just looking at these inspiring role models will give patients and staff a boost. The patients depicted are from diverse backgrounds, and each one has made a good life on dialysis—some for more than 20 years!



### *How Do People Live Long and Live Well on Dialysis?*

Latisha, Jean, and Harold give simple and positive advice on a colorful poster that will catch everyone's eye in the dialysis center. The 22" x 34" poster features

inspiring photos of the three active patients. Large-type patient quotations talk about keeping a positive attitude, getting answers to questions, and taking action. Printed in Spanish as well as English, the poster is an upbeat message for every setting.