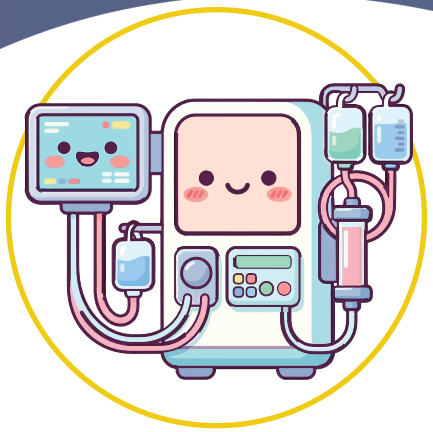
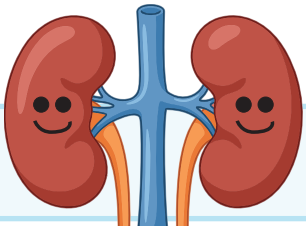
Kidney Health Analytics and Responsive Emergency Support



What Will I Need When My Kidneys Aren't Working?

A Kid-Friendly Guide to Treatment Options



There are different types of treatments that will help you when your kidneys are not working

What Do Your Kidneys Do?

- They remove waste and extra water when you use the bathroom.
- They help keep your bones strong.
- They help your body make red blood cells that carry oxygen.
- When your kidneys are not working properly, you will need to receive another treatment to help.

How Can a Kidney Transplant Help?

- You can get a kidney put into your body from another person who does not need it. This is called a transplant. This kidney will clean out waste and fluid so you don't have to do dialysis (as long as the new kidney works right).

What Other Treatments Can Help my Kidneys?

- Dialysis is a treatment that helps get rid of waste and extra water from your kidneys when they aren't working right.
- Dialysis cleans your blood with a machine or a special liquid in your belly that takes out waste and extra water.
- It helps you feel better, but it does not fix your kidneys.
- Your care team will help you learn what to expect.



Your care team will explain which type of dialysis you have and what will happen.

Who Helps You?

You are not alone. Your family and care team are here to help you every step of the way. One important person to talk to on your care team is a dietitian. They can help you plan the best foods to eat and how much water you can drink.



Can You Still Do Things You Enjoy?

Yes! You can still

- Go to school
- See friends
- Play, and have fun

Your care team will help you enjoy these things safely.

It is always okay to ask questions. You might ask: "What does the machine do?" "How long will it take?" or "Who can help me?

continued on next page

What Will I Need When My Kidneys Aren't Working? (continued)

Your Feelings Are Normal

You might feel worried.

You might feel confused.

You might feel sad or mad.

You might have lots of questions.

You might feel better after talking to someone you trust.

All your feelings are allowed.
It's okay to feel the way you do.
You can share your feelings by talking, drawing, writing, or playing.



Spending quiet time with someone you trust can help, too.

Things Adults May Say to Help You

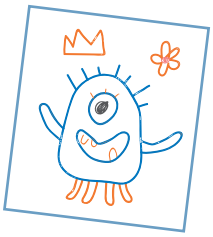
- You are safe, and we are right here with you.
- None of this is your fault.
- You can ask us anything anytime.
- We will make a plan together.
- You are loved.

For grown-ups:

Every child is different. Listen, offer comfort, and follow the care team's plan.

Check medical, diet, medication, and treatment questions with the nephrologist, dietitian, dialysis social worker, and care team because each person's needs may be different.

Things That May Help You Feel Better



- Draw a picture of how you feel.
- Write down any questions you want to ask.



- Bring something cozy or special, if your care team says it is okay.



- Read, play, listen to music, or watch something fun.
- Talk with an adult you know and trust.





You are Strong, Brave, and Important.

Your care team is here to help you every step of the way.

Helpful Resources

NIDDK NIH

NKF Children and Teenager's Health

AKF

For more information, please contact KHARES at 866-391-4682.

Kidney Health Analytics and Responsive Emergency Support
Corporate Office: 300 Jericho Quadrangle, Ste. 300, Jericho, NY 11753
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