

# *Social Work Services for Renal Transplant Patients and their Families*

## *You are not alone!*

The decision to consider renal transplant as a treatment for your kidney disease is a step towards improving the quality of life for you and your family. However, transplantation brings with it new challenges. You may experience changes in your lifestyle and this may create stress for you and your family. It's important to know that help is available to you during this time.

At Health Sciences Centre, a renal transplant social worker is available to assist you and your family adjust to kidney transplantation.

### **Your social worker can provide:**

- Information and education
- Counseling on adjusting to illness
- Problem solving within the healthcare system
- Advocacy and referral to community resources

Our goal is to help you continue leading a meaningful, active life that is as normal as possible for you and your family.

### **Your renal transplant social worker**

Your renal transplant social worker is a member of your healthcare team at Health Sciences Centre. Your social worker seeks to understand you in relation to your family needs, social supports and community ties.

### **Here are some ways a social worker can help:**

- Counseling you and your family in adjusting to transplantation
- Addressing sources of stress and conflict
- Preparing for admission to hospital or outpatient procedures
- Discharge planning: assisting with plans to leave hospital, including residential placement
- Making connections to services within the hospital and in the community
- Assisting families with obtaining financial help, accommodation and home support services
- Providing ongoing support to you and your family.



### ***When would it be helpful to talk to a renal social worker?***

Consider talking to a social worker if you are concerned about any of the following:

- Kidney disease and/or transplant
- Confusion/uncertainty about transplantation as a treatment options
- Adjustment to chronic illness and treatment
- Relationship and family issues
- Grief and loss
- Anxiety and depression
- Quality of life issues
- Stress
- Parenting and chronic illness issues
- Communication and information received from the health care team
- Arrangements needed for care at home or in an alternative living environment
- Transportation
- Community Support Services
- Financial concerns



## *Key Community Resources*

### *Drug coverage:*

Manitoba Pharmacare  
1-204-786-7141

Trillium Drug Plan  
(Ontario Drug Benefits)  
1-800-575-5386

### *Financial assistance:*

Human Resources Development  
CPP, Income Security Programs  
1-800-277-9914

Employment and Income Assistance,(Winnipeg)  
Central Intake Services  
1-204-948-4000

Revenue Canada  
1-800-959-8281

Veterans Affairs Canada  
1-866-522-2122 (English)  
1-866-522-2022 (French)

### *Powers of attorney information:*

Office of the Public Trustee  
1-204-945-2700

### *Transportation:*

Handi-transit (Winnipeg)  
1-204-986-5722

First Nations & Inuit  
Health Branch  
1-204-983-0911

### *Information about kidney disease:*

The Kidney Foundation of Canada, Manitoba  
Branch

Winnipeg  
1-204-989-0800

Westman Office, Brandon  
1-204-726-0031

### *Other useful resources:*

Medic Alert  
1-800-668-1507  
[www.medicalert.ca](http://www.medicalert.ca)

Manitoba Blue Cross  
1-204-775-0151 (weekdays)  
1-800-USE-BLUE (873-2583) within Manitoba  
1-888-596-1032 elsewhere in Canada

### *Lennox Bell Lodge*

Accommodation for outpatients, family and friends,  
located at Health Sciences Centre  
1-204-774-6511



**Health Sciences Centre**  
Winnipeg

An operating division of the Winnipeg Regional Health Authority

**To contact the renal transplant social worker, phone**

**(204) 787-8589.**

*Hope • Caring • Learning • Discovery*