



Know about your resources

Choosing to be a care partner is a genuine act of kindness—it is also critically important and can be tough at times. Here are some helpful hints and resources to help you take care of yourself.



Take time off with respite care

Schedule respite care so you can take a break. Respite care provides short-term relief for primary caregivers and can be arranged for just an afternoon, a few days, or longer. Patients and care partners should work with their social worker to determine their options.



Find support groups

Many care partners find dialysis support groups to be a vital source of support, understanding, and information. You can find online groups from across the country, as well as local groups through state and local government agencies.



Kidney Care Community

Community.FreseniusKidneyCare.com

Connect with other people impacted by chronic kidney disease, ask questions, research specific topics, share experiences, and find and/or give support.

The Renal Support Network (RSN) and ESRD Rockstars are two organizations with active support groups filled with people like you.



Renal Support Network

RSNHope.org

Join hopeful, fun, and informative online support groups for people living with kidney disease and their families.



ESRD Rockstars

ESRDRockstars.com

Make yourself a priority through this national organization that works to provide care partners the tools needed to take care of themselves while caring for their love ones.



Discover online resources

Use your smartphone's camera to scan the QR code and learn more about the resources listed.



Fresenius Kidney Care [FreseniusKidneyCare.com](https://www.freseniuskidneycare.com)

Access treatment information, find tips for care partners, and get inspiration at Thrive Central.



American Kidney Fund [KidneyFund.org](https://www.kidneyfund.org)

Find education and awareness programs, access mental health resources, and learn about financial assistance available through the fund.



National Kidney Foundation [Kidney.org](https://www.kidney.org)

Discover education and resources about every stage of kidney disease.



The Forum of ESRD Networks [ESRDNetworks.org](https://www.esrdnetworks.org)

Advocate for the organizations that monitor the quality of chronic kidney disease, dialysis, and kidney transplant care.



Use these helpful phone numbers

Technical support. If you have a question about your partner's home machine, our technical staff is available to assist you 24/7 at our toll-free number, **1-800-227-2572**.

Travel support. For assistance with travel planning, including finding and scheduling appointments at dialysis centers, call the Fresenius Kidney Care travel services team for help at **1-866-434-2597**.



WE'RE HERE TO HELP YOU, TOO

You are not alone. If you have any questions, talk to your care team.