

Getting Assistance from Others

Do you find it hard to ask for help when you need it? Try these ideas the next time you need a hand:

- Even though you don't want to bother anyone, it's not a good idea to begin your request with an apology. "I'm sorry to put you to so much trouble" sounds as if an awful chore lies ahead! Try being more specific: "I need help taking some clothes to a charity. Do you have about an hour to help me next Saturday?"
- When people ask what they can do to help you, give them a job: "Can you help me move this plant outside?"
- If you're offered help that you don't need or want, be grateful but firm. And don't be afraid to ask for a favor you really need: "Thank you for thinking of me, but I can take care of this. Could you give me a ride to the grocery store later, though?"

Asking for help is not a sign of weakness. Sometimes, you just need assistance with things. Your friends and loved ones care about you and want to help. All you need to do is ask.

Start Conversations with Other Patients at the Clinic

If you go to a dialysis clinic, you may be surprised at how much help you get from other patients you meet. It may be easier to talk with others who share your concerns and experiences.

The next time you're at dialysis, start a conversation with the person next to you. The conversation could be about anything — how to stick with your diet or remember to take your medications. Other topics may include

- Preparing for doctor appointments
- Kidney-friendly recipes
- A support group you attend
- Tips to get things done around the house
- Talking about your own life with chronic kidney disease (CKD)

Of course, there are the old standbys of conversation: the weather, the latest news, children, or grandchildren. You may find that common experiences provide a helpful outlet.

So get to know your fellow patients. Talk to them, and just as importantly, listen to them. You may find their experiences to be helpful and comforting.

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