

# Renal Rehabilitation

## Vocational Rehabilitation

Vocational rehabilitation (VR) can be defined as the process of facilitating an individual in the choice of, or return to, a suitable vocation. When necessary, assisting the patient to obtain training for such a vocation. Vocational rehabilitation can also mean preparing an individual regardless of age, or physical condition to cope emotionally, psychologically, and physically with changing circumstances in life, including remaining at school, work, or a work equivalent (homemaker).

### Have your patients done the following?

- Talked with VR personnel and agreed to be evaluated for services by completing an application, having medical records requested, or being assigned a counselor?
- Received evaluation services by participating in testing (for example: interest inventories, skills testing, aptitude testing, work readiness inventories) or by attending an evaluation/testing center?
- Received vocational counseling, training at a community facility, *Ticket to Work Program\**, private or public educational/training center or school?
- Received assistance with job seeking skills, with job placement, or with retaining or modifying a job through a VR counselor, job placement specialist, Ticket to Work program\*, or private or public agencies?

## Maintaining Vitality

Even if a dialysis patient does not return to the work force they are encouraged to live fulfilling lives. Some questions to ask individuals could be these:

- Are you involved in a hobby currently? If so, what is it? How often do you engage in it? Are there any barriers that prevent you from engaging in it?
- Would you like to explore outside interest options?
- Have you explored the possibility of volunteering - giving time to help another person, group, or cause?

\*Information regarding the *Ticket to Work Program* can be obtained at:

<http://www.yourtickettowork.com/>



Additional renal rehabilitation information can be found on the Heartland Kidney Network website: [www.HeartlandKidney.org](http://www.HeartlandKidney.org)