

Helpful Resources

Social Security Administration - Working While Disabled

www.ssa.gov/pubs/EN-05-10095

*A brochure of information
about how the Social Security
Administration can help people with
disabilities continue to work*

Social Security Administration - Ticket to Work Program

www.ssa.gov/work

*A free and voluntary program that
can help Social Security beneficiaries
go to work, get a job that may lead
to a career, and become financially
independent, all while they keep
their Medicare or Medicaid*

Quality Insights Renal Network 4 - Vocational Rehabilitation Resources

[www.qirn4.org/ongoing-projects/
vocational-rehab-project-services](http://www.qirn4.org/ongoing-projects/vocational-rehab-project-services)

*Provides local and national
vocational rehabilitation resources
for people with End-Stage Renal
Disease (ESRD)*



Quality
Insights

Renal Network 4

610 Freedom Business Center, Suite 102

King of Prussia, PA 19406

(610) 265-2418

(610) 783-0374 (Fax)

(800) 548-9205 (Patient Toll-Free Line)

www.qirn4.org

This material adapted by Quality Insights Renal Network 4 under
contract with the Centers for Medicare & Medicaid Services (CMS)
was originally prepared by HealthInsight, the ESRD Alliance for
Network 16. The contents do not necessarily reflect CMS policy.
Publication No. ESRD4-070218



Staying Healthy
THROUGH WORK



Quality
Insights

Renal Network 4



Did You Know?

As a dialysis patient, you can work and still keep your Social Security check?

Staying Active through Work

Actively pursuing personal rehabilitation goals can help you stay healthier and feel better. In fact, research shows that people on dialysis who keep working feel better. They are more physically able, have less pain, and have better general health and energy.¹ Better physical functioning predicts fewer and shorter hospital stays – and a longer life.²

Talk with your doctor about the benefits of maintaining an active lifestyle before you decide to go on disability. An active lifestyle through social interaction and work can have a significant impact on your health.

¹Blake C, Codd MB, Cassidy A, O'Meara YM. Physical function, employment and quality of life in end stage renal disease. *J Nephrol*; 13 (2): 142-9, 2000.

²Lowrie EG, Curtin RB, LePain N, Schatell D. Medical outcomes study short form-36: a consistent and powerful predictor of morbidity and mortality in dialysis patients. *Am J Kidney Dis*. 2003 Jun 41 (6): 1286-92.

Benefits to Patients

Patients who continue to work have experienced the following benefits:

- Increased independence
- Higher self-esteem
- Less depression
- Social opportunities
- Fewer barriers to health care
- More likely to get a transplant
- Higher income
- Insurance coverage

