



PEER MENTORING PROGRAMS: Why Your Facility Should Consider *Peer Up!*

Dialysis facilities like yours have helped patients to connect with one another and learn from each other through versions of peer mentoring programs like *Peer Up!*. Research shows that this can yield multiple benefits, including the following:

- Increased patient engagement
- More health-oriented skills (such as healthy eating, exercise, and medication adherence)
- Improved quality of life
- Improved mental health
- Improved clinical measures

Putting the *Peer Up!* program into place could also:

- Help you meet the Centers for Medicare and Medicaid Services Quality Incentive Program requirements
- Engage ESRD patients, increase their knowledge, and make them more accountable for their own self-care (such as following their treatment plans)
- Provide socialization for patients
- Assist you with engaging patients in self-care
- Reduce hospitalizations because of improved self-care

As the list of potential benefits above shows, the *Peer Up!* program can be a win-win for both you and your patients.

Learn what *Peer Up!* pilot participants and staff had to say about the program

Testimonials

“I spoke with a patient (mentee/mentor) who was paired with another patient. Neither patient had an outlet and never went anywhere. I could tell a big difference in the mood of my patient. She and her mentor/mentee talked all the time and went to eat together. I was very touched by this.”

—Dialysis Staff Member

“I’ve become more conscious of taking my medicine, controlling my fluids... and just my overall health. Sometimes, my mentee became my... inspiration as well as she made me accountable. We were accountable to each other where our dialysis treatments were concerned... When you have accountability, it helps. You know, because sometimes we don’t just hold our own selves accountable for our day-to-day, everyday health...”

—*Peer Up!* Mentor

“I feel that I was matched with the most appropriate candidate for the type of person I am and am trying to be. I think that it’s important that people are matched with people who are similar, or dissimilar in a positive way, because this [ESRD]—as any other chronic disease—can weigh you down mentally. And some people just need a bit of empathy and positivity regarding ESRD.”

—*Peer Up!* Mentee

With all these benefits and personal testimonials, what is stopping you?

Take a look at the fully designed, easily tailored, ready-to-go toolkit contents and make a change in your facility. Be the champion of this peer mentoring effort and implement the *Peer Up!* program in your facility today!