



# Kidney Buddy Program

Connecting you with someone who understands

The Kidney Buddy Program (Kidney Buddies) is a new peer support program which aims to connect people living with kidney disease, donors and recipients, their carers, parents and family members with a Kidney Buddy who has lived experience.

Kidney Buddies can provide social and emotional support through unfamiliar situations, and share information, learning and practical experiences.

The Buddy relationship can be a great way to connect socially to other members of the community. This relationship may be facilitated through phone, online and face-to-face meetings as agreed by each party.



Connect with us:  
Freecall 1800 454 363  
[Kidney.Helpline@kidney.org.au](mailto:Kidney.Helpline@kidney.org.au)  
[kidney.org.au](http://kidney.org.au)



# What is the Kidney Buddy Program?



## How can Kidney Buddies assist the kidney community?

- Helping people diagnosed with kidney disease, new to dialysis or those preparing for a kidney transplant as either a patient or living donor to find information and resources.
- Sharing lived experiences and stories to help people living with kidney disease better understand treatment, lifestyle factors or changes they may face whilst living with kidney disease.
- Supporting a carer, family or friend of a person living with kidney disease to manage their role, connect to support groups, and access information.
- Providing social and emotional support to carers or family who may be isolated or finding it difficult to adjust to supporting someone close living with kidney disease.

**Please note,** Kidney Buddies are not medical experts and are not able to provide mental health counselling or medical advice regarding treatments, medication, blood and medical test interpretation, or specific hospital or specialist referral information.

## Who can request a Kidney Buddy?

Anyone living with or caring for someone with chronic kidney disease

- Newly diagnosed with early or late-stage chronic kidney disease
- Considering dialysis options
- Preparing for a transplant
- Considering becoming a kidney donor

## How do I find a Kidney Buddy?

You can talk to your health care team at your renal unit to request a Kidney Buddy through Kidney Health Australia. Or you can contact us directly by:



### OPTION 1

Calling the Kidney Helpline on **1800 454 363**



### OPTION 2

Visiting the Kidney Health Australia website

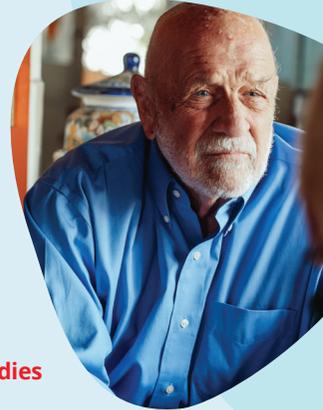
**[kidney.org.au/kidneybuddies](https://www.kidney.org.au/kidneybuddies)**



### OPTION 3

Emailing us at

**[Kidney.Helpline@kidney.org.au](mailto:Kidney.Helpline@kidney.org.au)**



## How will I be paired with a Kidney Buddy?

Once we receive a Kidney Buddy request, we will consult our registry of trained Kidney Buddies to identify a suitable match. The Kidney Buddy will make contact to set up the first meeting and there will be guidelines that outline the responsibility and expectations of the Buddy pairing including frequency of meetings and what might be discussed.

## Interested in becoming a Kidney Buddy?

**Get in touch with us by calling the Kidney Helpline or visiting our website and submitting an Expression of Interest form.**