



KIDNEY TRANSPLANT PROGRAM

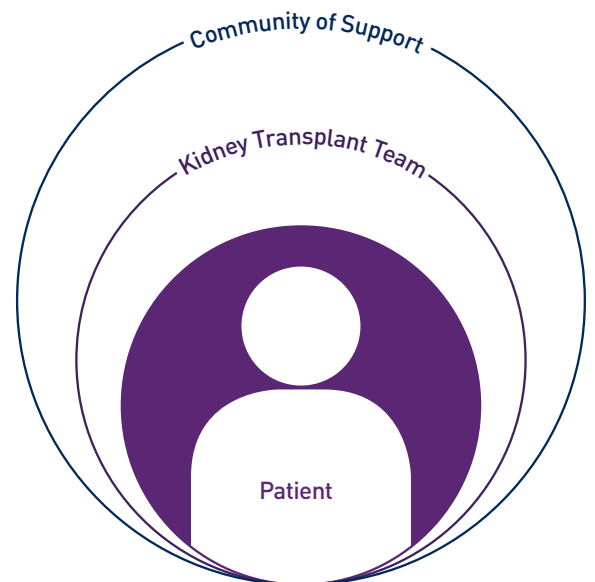
Community of Support Worksheet

In addition to having a primary caregiver, such as a spouse or parent, establishing a community of support is an important and necessary step toward attaining an “active” listing status on the kidney transplant waiting list.

Following a kidney transplant, the road to full recovery can be challenging. This six- to eight-week recovery period provides patients with a unique opportunity to strengthen their “community of support:” a network of individuals that support the healing process by meeting patients’ needs during the recovery period. The kidney transplant team at Penn Transplant Institute is committed to helping patients develop their communities of support.

The Penn kidney transplant team recommends patients identify two to three people for each area of support:

- Ⓘ Potential Living Donor**
- Ⓘ Medical Care**
 - » Medications
 - » Blood sugar
 - » Blood pressure
- Ⓘ Personal Support**
 - » Emotional
 - » Spiritual
- Ⓘ Daily Activities**
 - » Cooking
 - » Cleaning
 - » Laundry
 - » Child care
- Ⓘ Transportation**
 - » Follow-up appointments
- Ⓘ Errands**
 - » Groceries
 - » Medications
- Ⓘ Finances**
 - » Bills
 - » Banking



Identify individuals for your community of support on the reverse side.

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Potential Living Donor

Daily Activities

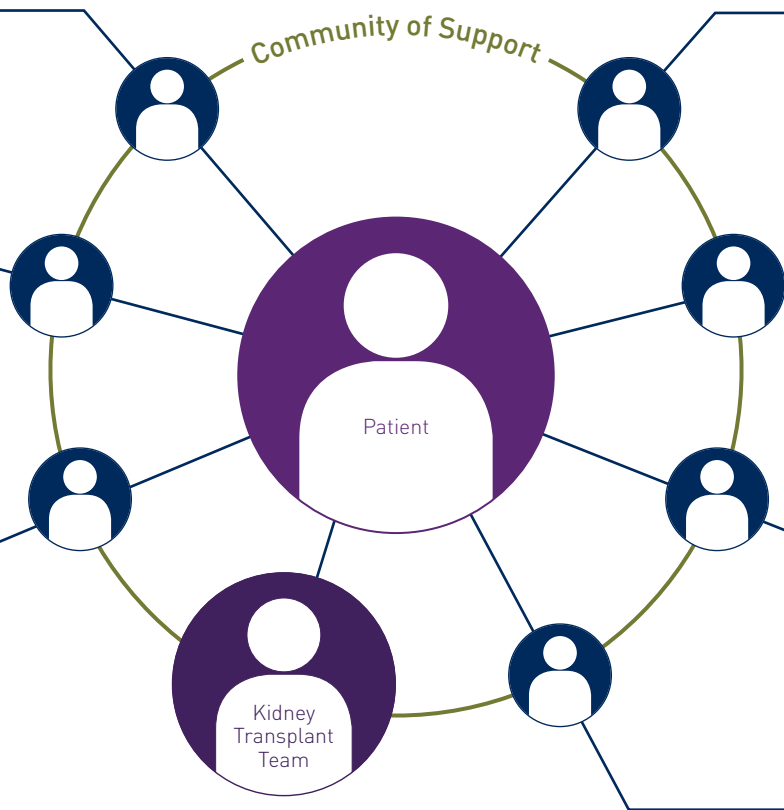
Medical Care

Transportation

Personal Support

Errands

Finances



Penn Medicine

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