

## COVID-19 and ESRD Tele- and Online-Support Groups

The groups listed below specialize in kidney disease. Many offer education as well as the opportunity to connect with other patients, family members, and/or caregivers through discussion forums and subscription-based email lists. When looking for resources, please be aware that anyone can create a website, so **only visit reputable sites**. To learn more about how to find reputable sites, check out the resource here: <https://esrdncc.org/globalassets/covid-19/ncccredibleresources508.pdf>.

Coronavirus-2019= COVID-19; End Stage Renal Disease = ESRD

### General Support Groups

Group Name	Website or Phone	Description
American Association of Kidney Patients (AAKP) Community	<a href="https://aakp.org/center-for-patient-engagement-and-advocacy/support-groups/">https://aakp.org/center-for-patient-engagement-and-advocacy/support-groups/</a>	AAKP recognizes the value of local patient support groups. This resource helps patients find support groups in their community.
Bay Area Association of Kidney Patients (BAAKP)	<a href="http://www.baakp.org/calendar.html">http://www.baakp.org/calendar.html</a>	BAAKP offers online support through Zoom. Register at the website listed. After registering, you will receive a link for the Zoom meeting to resume in person meetings.
Health Unlocked	<a href="https://healthunlocked.com/tag/dialysis?type=communities">https://healthunlocked.com/tag/dialysis?type=communities</a>	Health Unlocked has curated several online communities that visitors can join. By joining a community, visitors gain access to evolving content on topics ranging from nutrition and support, to parenting resources and transplant.
Home Dialysis Central Forums	<a href="http://forums.homedialysis.org/">http://forums.homedialysis.org/</a>	Home Dialysis Central is a one-stop resource for patients and professionals who want to learn more about home dialysis options.
Home Dialysis Central Discussion Group on Facebook	<a href="https://www.facebook.com/groups/HomeDialysisCentral/">https://www.facebook.com/groups/HomeDialysisCentral/</a>	This is a moderated Facebook group for dialyzers, caregivers, and others in the dialysis community. The group provides support, information, and help coming to grips with dialysis in any of its forms.
National Kidney Foundation (NKF) of Hawaii	<a href="https://kidneyhi.org/ask-the-dietitian-blog">https://kidneyhi.org/ask-the-dietitian-blog</a> <a href="https://www.facebook.com/KidneyHI/">https://www.facebook.com/KidneyHI/</a>	The NKF Hawaii Facebook page offers information about events, education, and access to an online ESRD community.

Group Name	Website or Phone	Description
Nephkids Cyber-Support Group	<a href="http://cybernephrology.ualberta.ca/nephkids/">http://cybernephrology.ualberta.ca/nephkids/</a>	Nephkids is a cyber-support group (an interactive email group [listserv]) for parents of children with all types of chronic kidney disease (CKD).
NKF Peers Lending Support	<a href="http://www.kidney.org/patients/Peers/">http://www.kidney.org/patients/Peers/</a> 1. 855.653.7337 (1.855.NKF.PEER)	This new NKF patient program connects people needing support with peers who “have been there.”
Renal Support Network (RSN)	<a href="https://www.rsnhope.org/events/rsn-zoom-room-meetings/">https://www.rsnhope.org/events/rsn-zoom-room-meetings/</a>	<b>Monthly Support Groups:</b> Fourth Sunday of every month, 2:30 p.m.–4:30 p.m. PT. <b>Kidney Diet/Food Group:</b> Next meeting: Thursday April 30, 2020—1:00 p.m.–2:30 p.m. PT. <b>Exercise Group:</b> Daily 30 min sessions.
Renal Support Network (RSN) HOPEline	<a href="http://www.rsnhope.org/">http://www.rsnhope.org/</a>   <a href="https://www.facebook.com/RSNhope/">https://www.facebook.com/RSNhope/</a> 1.800.579.1970	The RSN empowers people who have kidney disease to become knowledgeable about their illness, proactive in their care, hopeful about their future, and to make friends through informative, patient-directed programs.
7cups	<a href="https://www.7cups.com/">https://www.7cups.com/</a>	This is a free, online-text chat with a trained listener for emotional support and counseling. 7cups also offers fee-for-service online therapy with a licensed mental health professional. This service/website also is offered in Spanish.
Support Groups Central	<a href="https://www.supportgroupscentral.com/index.cfm#anc2">https://www.supportgroupscentral.com/index.cfm#anc2</a>	Support Groups Central offers free and low-cost virtual support groups on numerous mental health conditions.
Virtual Groups	<b>Facebook Groups:</b> <a href="https://www.facebook.com/groups/">https://www.facebook.com/groups/</a> <b>Google Groups:</b> <a href="http://groups.google.com">http://groups.google.com</a> <b>Yahoo Groups:</b> <a href="http://www.yahogroups.com">http://www.yahogroups.com</a>	Browse or search topics such as “ESRD,” “dialysis,” “kidney,” or “transplant.” Or, create your own online community!

## COVID-19 Support Groups, Webinars, Caregiver Resources

Some of the group events are also recorded for you to listen to later, which can be helpful if you miss them live or are in a different time zone. Many of the regular in-person support groups for ESRD have become virtual since the outbreak of COVID-19.

Group Name	Website or Phone/Email	Description
AAKP HealthLine	<a href="https://aakp.org/center-for-patient-research-and-education/coronavirus-resources/">https://aakp.org/center-for-patient-research-and-education/coronavirus-resources/</a>	Educational webinars—AAKP created this webpage to assist the dialysis community in accessing credible, reliable, and emerging information about COVID-19. Visitors can access webinars, sign-up for news alerts, and review evolving frequently asked questions.
Caregiver Action Network (CAN)	<a href="https://caregiveraction.org/covid-19">https://caregiveraction.org/covid-19</a> Caregiver Help Desk: 855.227.3640	Call CAN to find the right information to help you navigate your complex caregiving challenges. Visit their website for chat and email options as well as other resources.
Dialysis Patient Citizen (DPC) Education Center	<a href="https://www.dpcedcenter.org/">https://www.dpcedcenter.org/</a>	In addition to DPC’s education content, visitors can access a COVID-19 resource page. The page has links to financial, transportation, and other assistance options available in the dialysis community.
ESRD National Coordinating Center (NCC) COVID-19 Quickinar Events	<a href="https://esrdncc.org/en/covid-19/covid-quickinars/">https://esrdncc.org/en/covid-19/covid-quickinars/</a>	COVID-19 Quickinar events are weekly, 30-minute webinars that feature professional and patient subject matter experts from around the country sharing how they or their organizations are coping with and combatting COVID-19 in their areas of practice.
NKF Cares: Patient Information Center	Call toll-free at 1.855.NKF.CARES (1.855.653.2273) or email: <a href="mailto:nkfcare@kidney.org">nkfcare@kidney.org</a> .	NKF Cares is helpful if you do not have access to the Internet. They are prepared to answer COVID-19 related questions or concerns.

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