



"It took us a few attempts to chat, but it finally happened and I'm glad we persisted. My buddy and I were a good match and had so much to discuss. We're planning on a follow up conversation and a possible coffee catch up in the new year."

Jane, Kidney Buddy



Connect with us:
Freecall 1800 454 363
Kidney.Helpline@kidney.org.au
kidney.org.au

"I have a good support network, but even then it makes a huge difference to talk to someone who really understands because they've been there and experienced it for themselves."

Rebecca, Kidney Buddy Recipient

Kidney Buddy Program

Connecting you with someone who understands



The Kidney Buddy Program (Kidney Buddies) is a peer support program which aims to connect people living with kidney disease, donors and recipients, their carers, supporters, 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. Contact can be via phone, online or in person.

What is the Kidney Buddy Program?



How can Kidney Buddies help?

- 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 partner, 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
- Parents and carers of children living with kidney disease
- Young people living with kidney disease
- Partners, carers or supporters of someone living with kidney disease

How do I find a Kidney Buddy?

You can contact us directly and request a Kidney Buddy by:



OPTION 1

Visiting the Kidney Health Australia website
kidney.org.au/kidneybuddies

or

Scanning the QR code



OPTION 2

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



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. We'll provide guidelines covering how to get the most out of a Buddy pairing including frequency of meetings and what might be discussed. Most pairings speak once or twice, whilst some have become regular catch ups.

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.