



Heartland Kidney
Network

We're Here For You.

Being occupied with work, school or volunteering, keeps you active, helps you feel good about yourself, and can bring you income. Many people continue to work, go to school, or volunteer while on dialysis. You may be thinking about going back to school or work. One program that can help is Vocational Rehabilitation.



Vocational rehabilitation (VR) is a state program that helps people to return to work, go to school, or find another occupation. The program is for people with disabilities (kidney disease is considered a disability) that keep them from employment. Financial need will not be used in deciding eligibility or the help you can get. However, payment for some services may be based on you or your family's income, resources and ability to pay.

LIVING & WORKING WITH DIALYSIS AND AFTER-TRANSPLANT

Who is Eligible for Vocational Rehabilitation (VR)?

To be eligible for assistance from VR from your local program, you must:

- Have a physical or mental impairment that is a significant barrier to work.
- Be able to benefit from vocational rehabilitation services to get employment.
- Need vocational rehabilitation services to prepare for, start, or keep your current employment.

MY LIFE: OCCUPATION

What services will VR give me to help me get employment?

- Vocational, medical, and psychological evaluations to determine eligibility.
- Diagnostic evaluations to understand how your disability affects your ability to work and the services you need.
- Vocational Rehabilitation Counseling
 - To help you choose your employment goal
 - To make a plan to reach your goal
 - To help adjust to the changes caused by your disability
- Physical and Mental Restoration aimed at improving your chances of employment
 - Medical or psychological treatment or therapy
 - Orthotic and prosthetic devices
 - Assistive technology devices
- Vocational/Other Training to help you gain specific knowledge and skills needed for employment
 - Public or private vocational schools, college or rehabilitation center
 - On-the-job training
 - Job Coaching
- Services and support needed to stay in vocational rehabilitation program
 - Financial
 - Transportation
 - Child care
 - Interpreters
- Job search & employment

For more information or to file a grievance please contact the Heartland Kidney Network at: Heartland Kidney Network • 7306 NW Tiffany Springs Pkwy. • Suite 230 • Kansas City, MO 64153
Toll-Free Patient Line: (800) 444-9965 • net12@nw12.esrd.net • www.heartlandkidney.org

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Will VR affect my Social Security, Medicare or Medicaid benefits?

There are several programs that are in place to encourage people to work. These programs include:

- Trial Work Period
 - Allows SSDI beneficiary to work 9 calendar months (not necessarily consecutively) and earn any amount of money and still receive benefits.
- Extended Period of Eligibility
 - Consecutive period of 36 months after last month of the Trial Work Period
- Grace Period
- Extended Medicare Coverage
- Ticket to Work
 - Provides the option of keeping Medicare coverage while working (post-transplant)
 - Free employment services
 - Protection from a Medical Review based on work activity

HOW DO I APPLY?

Contact the Vocational Rehabilitation Office nearest to you. Ask your social worker for help in talking about the program and some helpful tips to applying. Below is how to contact each state in the Network.

Iowa: Vocational Rehabilitation Services: 800-532-1486 or www.ivrs.iowa.gov

Kansas: Rehabilitation Services (SRS): 888-369-4777 or www.srskansas.org/rehab/text/VR/htm

Missouri: Vocational Rehabilitation: 877-222-8963 or www.vr.dese.mo.gov

Nebraska: Vocational Rehabilitation Services: 800-472-3382 or www.vocrehab.state.ne.us

For More information on Ticket to Work and Veteran Vocational Services (Vet Success):

- Contact your local Social Security office for information or go to <http://www.socialsecurity.gov/work/aboutticket.html>
- Contact your local Veterans Administration office or go to <http://www.vba.va.gov/bln/vre/>

ARE YOU READY TO GO TO WORK?

Your health should always be your top priority. Dialysis should not stop you from staying active and doing the things you like to do whether that is work, volunteering or going back to school. However, before considering returning to work or finding employment, you need to assess whether you are physically and mentally ready to work. Talk to your nephrologist, dietician, nurse, social worker, dialysis technician, and vocational rehabilitation counselor to help you decide.

MY QUESTIONS

Ask your Care Team: Am I ready and able to work? What limitations will I have physically and financially? What are the first steps I need to take to start or return to work?