

What to Expect in KOPE

The topics we will focus on include:

- Understanding how our kidneys work
- Understanding causes, risk factors, warning signs, and stages of CKD
- Learning how to prevent the progression of CKD through diet, activity, and lifestyle choices
- Learning about various treatment options and related financial information if CKD continues to progress
- Learning about Advance Directives and their importance
- Learning about resources and information available to people living with CKD

Interested in attending KOPE?

For More Information, Contact:

programs@kidneyhi.org
(808) 589-5905

NATIONAL KIDNEY FOUNDATION OF HAWAII

The mission of the National Kidney Foundation of Hawaii, a major voluntary health organization, is to prevent kidney disease and urinary tract diseases, to improve the health and well-being of individuals and families affected by these diseases and to increase the availability of all organs and tissue for transplantation in Hawaii.

HOW CAN YOU HELP?

VOLUNTEER WITH US! (808) 589-5906

DONATE!

CARS: Oahu/Maui: (808) 593-1515

CLOTHING OR RECYCLABLES: (808) 596-7575

MONETARY DONATIONS: (808) 589-5974

By Mail: 1314 South King St. Suite 1555 Honolulu, HI 96814

GIFT PLANNING & BEQUESTS: (808) 589-5976



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KOPE

Kidney Options for Patient Empowerment



National Kidney Foundation®
of Hawaii

WWW.KIDNEYHI.ORG



Purpose of KOPE

After being diagnosed with kidney disease, people are often overwhelmed by the many associated financial, emotional and lifestyle changes that need to be made.

KOPE Workshops are designed to help address questions and concerns surrounding the transition to life with kidney failure.

KOPE can be taught in individual sessions or in groups.

The workshop is broken up into two sessions*, lasting two hours each.

Patients, Families and Caregivers are all welcome!

*Session times may vary depending on group size

Testimonials



"I see many new patients come into the unit. They are scared and lost. They need help. I want to help the patients to become comfortable with their diagnosis and learn how to live

with kidney disease."

- Robert "Bobby" Pedro (Mentor)

"With just a few words from the doctor, I suddenly faced the pain and drudgery of dialysis and deteriorating health. My first reaction was to shut down. I was frightened. Would I live or die? If I lived, would living be worth while? I needed information, I needed people to talk to."

- Nate Steed (Mentor)

NATIONAL KIDNEY FOUNDATION OF HAWAII



PREVENTION • EDUCATION • TREATMENT

