



# United through Travel and Sport

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# Starting Dialysis:

Moving from “Kidney DISEASE” to “Kidney FAILURE”

Impact on:

- Body confidence
- Personal Identity
- Physical Ability
- Personal Relationships

# Isolation:



# So many questions:

Continue school or work?

## Can I....

Travel?

Pay the bills?



Participate in sport?

have a long term relationship?



# Making the Ordinary, ordinary...



# Who can Help?

“I don't know what I don't know!”





# Putting Supports in Place...

- Family
- Patient Organisations
- Dialysis Provider





# Peer Support...

- Learning from Others
- Role Models
- Sharing Experiences
- Sense of Achievement
- Sense of Belonging



# The Impact...



**“After attending my first team meeting, I realised that my life Was not over, it was just different!”**

# Reason to Travel...



Taking the mystery out of holiday dialysis



# The ETDSC Experience...

- 1 week
- 3 dialysis sessions\*
- 12 Sports
- 25+ Countries
- 400+ Participants
- Many new friends
- Enormous inspiration
- Countless Memories



# Let's make the change...



## Taking the mystery out of holiday dialysis



# A date for your diary...

- European Transplant & Dialysis Sports Championships
- July 21<sup>st</sup> – 28<sup>th</sup>
- Lisbon, Portugal
- Dialysis provided by Diaverum!



**Thank you very much!**

**Any Questions?**