

For kidney disease patients on dialysis, achieving better quality of life starts with five letters: STREAM. This specially-designed training program helps you transition to begin performing dialysis treatment from the comfort of your home.

What STREAM stands for?

Show you what self-treatment dialysis will mean for you and your family.

Train you and your family on everything you will need to know to take control of your treatment and feel comfortable learning to do it on your own.

Reassure that we're with you – we'll be there to support you every step of the way.

Educate you about your disease and the treatment that can improve your quality of life.

Assess your comfort level in managing home dialysis treatment to make sure it is right for you.

Month-long trial to decide if home dialysis is a good fit for you.



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STREAM

Home Dialysis

TRIAL TRAINING COURSE



REGIONAL
NEPHROLOGY
PROGRAM

shn.ca/kidney-care



At Scarborough Health Network (SHN), we understand how hemodialysis impacts the lives of kidney disease patients and their families. It can affect daily living activities, as well as both emotional and physical health.

Some patients who are capable of performing treatment independently make the choice to transition to home dialysis, which can allow for a higher quality of life.

That's why SHN has designed **STREAM Home Dialysis (HD)**. This three-week training program helps patients and their families to take the first steps towards starting to perform their own dialysis treatment from the comfort of their homes — and to take control of their care and lifestyle.

What is STREAM?

STREAM Home Dialysis helps patients to achieve the goal of *dialysis on your own terms*. This three-week program is led by a team of nurse trainers, who will educate you on potentially beginning to perform dialysis treatment from your own home. Through this trial period, you will be able to make an informed decision on if home dialysis is a good fit for you.

How it works

Getting started

Based on your condition, abilities, needs and circumstances, our team will determine if you (and your family) may be a good candidate for home dialysis. Together, we will discuss the opportunity and decide if you would like to begin the STREAM Home Dialysis trial period.

Participating in STREAM

Through our three week training course, you will:

- Learn more about your own body, and how the dialysis machine works.
- Speak with an SHN patient who has graduated to home dialysis about their experience and go over your questions.
- Continue to be assessed to be sure that home dialysis is suitable for your needs and lifestyle.

At the end of the three weeks, you can decide if you would like to move forward.

Continuing your education

After completing the STREAM trial period, you will move on to eight to 10 weeks of careful and thorough training on how to perform dialysis within your home.

Ongoing support

When you transition to home dialysis, you will *always* be supported by:

- Home visit to check suitability for hosting the dialysis machine, and information on home-retrofitting subsidies available through the government (if needed)
- Set up of on-the-spot delivery of supplies within your home on a scheduled basis
- Guided treatments at home with your primary nurse
- An on-call number for support (we also call you to check in periodically)
- Contingency care in our hospitals if something comes up (such as your caregiver is on vacation)

Learn more

For questions or more information, please contact our team at **STREAM@shn.ca** or call **416-431-8183 ext. 8353**.

The STREAM HD course is offered at our General Hospital, in the Home Dialysis Clinic, East Wing, 1st floor.

Note: At any point, if you decide home dialysis is not right for you, you can always continue your in-hospital dialysis treatment as normal.