

HEART TRANSPLANT AND SOCIAL WORK SERVICES



Orientation Class at
University of Washington Medical Center

OVERVIEW

This slideshow explains the:

- Role of Your Social Worker
- Role of Your Caregiver
- Support Required After Your Transplant

YOUR SOCIAL WORKER

Your social worker can help you and your family cope with changes and stresses that may come up before and after your transplant.



YOUR SOCIAL WORKER

Your social worker is part of your transplant team:



- Before your transplant
- When you are in the hospital after your transplant
- When you go home after your transplant

PRE-TRANSPLANT PLANNING

Meetings with your social worker before transplant are part of your evaluation to assess whether you will be listed for a transplant.



YOUR SOCIAL WORKER

The information your social worker gathers about you is called a ***psychosocial assessment***. This assessment:

- Looks at your personal situation to see if you are ready for the changes and challenges a transplant would bring.
- May take more than one meeting.



Even after your assessment, it may be a while before you are ready to be listed for transplant.

YOUR SOCIAL WORKER

Before your transplant, you and your caregiver will talk with your social worker about your:

- Personal lifestyle and habits
- Health insurance and finances
- Plans for the support you will need before, during, and after your transplant
- Housing and transportation plans



YOUR SOCIAL WORKER

Your social worker can:

- Help you organize and prepare for a transplant
- Offer support and assistance
- Help you and your family connect with other patients and families to expand your support network



YOUR SOCIAL WORKER

Your social worker also:

- Offers monthly support groups for you and your family and friends
- Provides information about how to:
 - Raise money for a transplant
 - Get extra insurance coverage to cover the cost of a transplant and transplant medicines
 - Get help from government or community agencies



YOUR SOCIAL WORKER

If needed, your social worker can refer you to:

- Mental health services
- Substance abuse treatment services

YOUR SOCIAL WORKER

Your social worker can also help you and your caregiver:

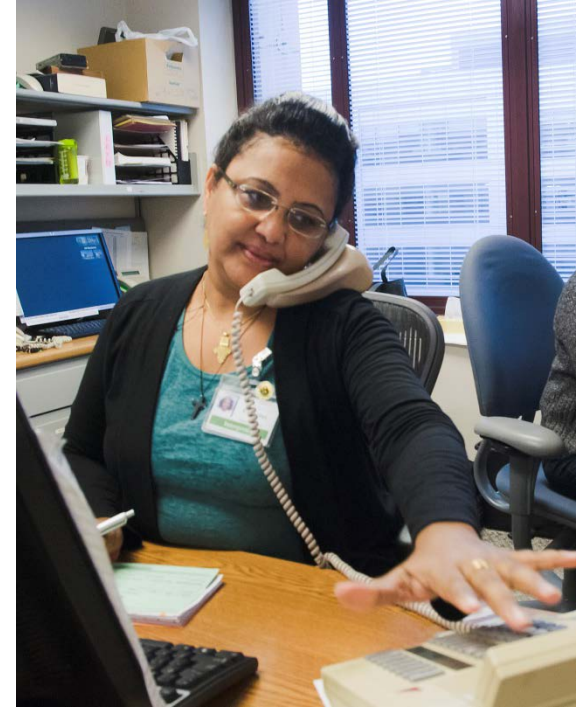


- Make arrangements for in-home care and other services when needed
- Find local housing if you need to move before or after your transplant (sometimes this is required to be listed for a transplant)

WHEN TO CALL YOUR SOCIAL WORKER

Call your social worker when:

- You move or your contact information changes
- Your care plan changes or you have a new caregiver
- Your insurance coverage changes
- You have any questions or concerns about the transplant process



YOUR CAREGIVER

- You will need to have one or more caregivers after your transplant.
- They must be available to care for you 24 hours a day for at least 3 months after you leave the hospital.



Note: You may need care for longer than 3 months. How long you need a caregiver will be based on your recovery and your doctor's care plan for you.

YOUR CAREGIVER



- Caregivers are not expected to have medical training.
- Choose someone you know well and trust.
- Your caregiver will need to learn and understand your medical care plan and medicine schedule.

YOUR CAREGIVER



- Your caregiver must come with you to all your follow-up visits.
- Also, since you cannot drive for about 3 months after your surgery, you will need to plan ahead for your transportation.

SUPPORT AFTER YOUR TRANSPLANT

Transplant is a life-changing event:

- It may take up to a year to recover. Even after you recover, problems can still occur.
- Social Work Services can help you with issues such as returning to work or training for a different job after you recover.

SUPPORT AFTER YOUR TRANSPLANT

- Your social worker is here to help you through all the phases of the transplant process.
- Our goal is for you to lead a life that is as fulfilling, productive, and normal as possible.

