



Fresenius Medical Care
Portugal

Haemodialysis at Home

Now you can have your treatments at home.

> For more information
contact your physician
or the head nurse at
your local clinic.



- > **Autonomous dialysis at home is a new programme by Fresenius Medical Care Portugal that allows you to carry out your treatment at home without any additional costs.**

For many patients, autonomous dialysis at home is the ideal form of treatment which provides them with the best quality of life. This service offers the following advantages:

- > A choice of the when the treatment is carried out.
- > The possibility of choosing a modality that is longer or more frequent.
- > Being able to carry out treatments in a more welcoming and familiar environment.
- > Diminishing the stigma and limitations of a chronic illness.
- > A proven reduction of patients who are admitted into hospital as well as of the mortality rate.

Autonomous dialysis at home requires:

- > The ability to automatically make decision about your illness, to comply with the dosage prescribed, to understand and execute simple written instructions.
- > The ability to accept the presence of a family member or other, who is willing to accept the shared responsibility of being your assistant.
- > Having a home with basic sanitary requirements: electricity, running water supplied by the Water Company and telephone.
- > Easily attained vascular access.
- > Going through a training period of 12 to 16 weeks, where you will carry out your dialysis treatment on an Autonomous Dialysis at Home Unit at the FCM Lumiar Clinic (Lisbon)
- > Age up to 65 years old

