

Why is supporting information important?

- Supporting information helps you show how your kidney disease and any other long-term conditions or disabilities impact your ability to carry out day-to-day activities.
- You may see other professionals in addition to your kidney team. Because you only fill in one form for all your conditions, you will need to provide supporting evidence for each professional.
- Supporting information does not need to be medical information only. Use the list below to see what you could consider including. You may not have or be able to get everything on the list, and that's ok, just include what you can.

Supporting information you could include

1

Daily health diary

Sharing personal information is very helpful at demonstrating how your condition affects you on a day-to-day basis. Use our helpful Health diary template to record your symptoms, medication, treatment, daily living, and mobility activities to include as supporting information. You can include one day as an example of your typical day or if your condition(s) fluctuates you may wish to include 7-10 days.

2

Personal statements / letters

A short personal statement (no longer than 2 sides) written by yourself, friends, family, co-workers, or anyone you think knows you and your conditions well. It is very helpful to demonstrate how your condition affects you. This is particularly useful if they can explain any help they provide by prompting, supervising and assisting you with day-to-day activities or can explain the impact of your mental health.

3

Support worker statements

Statements from any support workers or caregivers who assist you with daily living tasks.

4

Education or employment statement

If applicable, include a statement or any records that demonstrate any accommodations or adjustments made due to your condition in work or education.

5

Mobility aids and adaptations

Information about any aids or adaptations you use to assist with mobility. You can provide this as a list of aids and how you use them.

6

Photographs or videos

Visual evidence showing the challenges you face in everyday activities can be powerful. You can also include pictures of aids or adaptations you have made.

7

Treatment and care plan records

Details of any ongoing care plan, treatments, therapies, or interventions you are receiving.

8 NHS patient health record

Request a copy or download your NHS patient health record from your GP. This will include a summary of your health conditions, list of prescription medications, treatments, consultant letters and test results. Do not include appointment confirmations or reminder letters.

9 Hospital discharge summaries

If applicable, provide any summaries from recent hospital stays or surgeries.

10 Medical certificates

If you have any long-term or chronic conditions, provide copies of medical certificates you have been issued.

11 Diagnostic test results

Include any relevant test results such as MRI, X-ray, blood tests, etc.

12 Letters from GP, doctors, nurses, or specialists

Any correspondence from specialists or consultants providing information about your condition, prognosis, and recommended treatments. Medical evidence can be very helpful when applying as clinicians can explain what your condition is, your symptoms, treatment and how the condition affects your everyday life. *Not all healthcare professionals are able or willing to write supporting letters, and they are not obliged to do so, but it is worth asking them.*

13 Occupational therapist reports

If you've had assessments or recommendations from an occupational therapist, include those reports.

14 Physiotherapist reports

Include any reports or assessments from physiotherapy sessions.

15 Mental health assessments

Reports or assessments from mental health professionals or therapists.

16 Social worker reports

If you have a social worker involved in your care, their reports can be valuable.

17 Letters from support groups or charities

If you are or have received any support, include any letters of support or recommendations from organisations that are familiar with you and your condition.

18 Documents to support your ability to make decisions about money.

If you have difficulty managing your money, you can share any documents that show you have given permission for an appointee to help you, as well as documents like bank statements or letters from creditors.

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Remember! Include your name, National Insurance number and page numbers on every page of additional information you submit.

Organise all your documents clearly, this will make it easier for the reviewer. Consider including a contents table, provide a summary or highlight any key points you want to emphasise in your application, what the information is and how many pages you have included. Always keep copies of everything you submit for your own records