

ARC Dialysis & Home Dialysis

ARC Dialysis provides *in-home dialysis programs* as part of its services along with in-center and inpatient care. They support patients interested in doing dialysis at home, including **training and ongoing support** for home therapies such as peritoneal dialysis and home hemodialysis.

Main Home Dialysis Types

While ARC Dialysis specifically offers *home and PD modalities* at its centers, the *types* of home dialysis generally available in the U.S. (and likely supported through ARC's home therapy program with training) include:

1. Peritoneal Dialysis (PD)

A home-based therapy that uses your *peritoneal membrane* (inside your abdomen) to filter blood.

- **Continuous Ambulatory Peritoneal Dialysis (CAPD)**
Manual exchanges of dialysate fluid throughout the day.
- **Automated Peritoneal Dialysis (APD/CCPD)**
A machine (cycler) runs exchanges while you sleep.

Benefits

- Often needle-free (for many patients)
- Flexible scheduling
- Can be done while sleeping (APD)
- Fewer dietary restrictions for some people

Considerations

- Daily therapy required
 - Training period to learn exchanges safely
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2. Home Hemodialysis (HHD)

This is the same basic dialysis used in centers, but performed at **home** with compact machines designed for home use.

- **Conventional Home Hemodialysis**
Typically 3–5 sessions per week.
- **Frequent or Daily Home Hemodialysis**
Shorter daily sessions — closer to normal kidney function.
- **Nocturnal Home Hemodialysis**
Longer sessions done while sleeping.

Benefits

- More treatment flexibility than in-center dialysis
- Potential quality of life improvements and dietary flexibility

Considerations

- Requires a **care partner** in some cases (depending on clinic policies and your health)
- Training and home setup (space for machine, possible water/electrical needs)

What ARC Offers Specifically

- ARC Dialysis operates *free-standing centers that include home-dialysis and PD modalities* as part of their service portfolio across several states.
- Some ARC locations (e.g., Hialeah, FL) explicitly list **home dialysis training and support** for both PD and home hemo, including **bilingual education and ongoing care coordination**.

Training & Support

Home dialysis isn't a "set it and forget it" treatment — it requires training and support:

- Patients work with the dialysis team to learn their modality safely.
- You will typically have ongoing support from nurses and your nephrology team.
- Most insurance plans (including Medicare) cover training, equipment, and supplies for home dialysis.

How to Get Started

1. **Talk to your ARC Dialysis care team**
Ask about eligibility for home therapies, which one suits you, and what training is required.
2. **Training & Evaluation**
You'll undergo several weeks of training with nurses (and sometimes with a **care partner**) to learn your home modality.
3. **Home Setup & Supplies**
Your center will help assess space and equipment needs, order supplies, and coordinate deliveries.