

The Restriction Cards

Below are three laminated-style cards, each describing the “time restrictions” and lifestyle limitations of a different condition: Dialysis, Cystic Fibrosis, and Heart Failure. They can be printed individually or placed on a single A4 page.

Restriction Card 1: Dialysis – “The Time Drain”

Condition:

Kidney Failure

Treatment:

Dialysis (machine cleans the blood)

Time Restriction:

12–15 hours per week spent attached to a machine
Usually 3–5 sessions per week, each 3–5 hours
Must follow strict fluid and food limits every single day
Travel is extremely restricted – dialysis appointments
must be attended on a permanent schedule

Impact on Daily Life:

Can't join after-school activities that clash with
treatment times
Feeling constantly tired and foggy
Long appointments mean missing social events,
parties, weekends away
Hard to plan anything spontaneous

Teen Reality:

“Dialysis eats your week. Even when you're not on the
machine, your body feels like it's running on low
battery.”



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Restriction Card 2: Cystic Fibrosis – “The Hourglass of Care”

Condition:

Cystic Fibrosis (a chronic lung condition)

Treatment:

N/A

Time Restriction:

1–2 hours every day for airway clearance,
physiotherapy, and inhaled medications

Multiple hospital stays each year for tune-ups

Must avoid crowded places when unwell due to
infection risks

High-calorie meals and medications must be timed
carefully

Impact on Daily Life:

Early mornings and late evenings spent doing
treatments

Hard to join sports consistently due to fluctuating lung
function

Travel or sleepovers require packing machines,
nebulisers, meds

Missed school days during flare-ups or hospital stays

Teen Reality:

“Before fun, before school, before anything...
treatments come first. Every day. No days off.”



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Restriction Card 3: Heart Failure – “The Tethered Life”

Condition:

Advanced Heart Failure

Treatment:

N/A

Time Restriction:

Often require continuous monitoring or a machine that supports heart function
Frequent hospital appointments and tests
Very limited physical activity – even walking can be exhausting
Must stay close to the hospital while waiting for a transplant

Impact on Daily Life:

No sports, running, or physical hobbies
Can't attend school full-time; sometimes homebound or hospital-bound
Social life shrinks; friends visit more than you go out
Every day feels uncertain – life paused until a donor heart becomes available

Teen Reality:

“Your body can't keep up with your life anymore. You want to move forward, but your heart won't let you.”

