

HOW TO TALK TO YOUR FAMILY ABOUT ORGAN DONATION

The topic of Organ Donation can sometimes be a difficult subject to approach with family and friends. For some it may be the first time they are thinking about the topic.

We at The Organ Donation and Transplant Association of America hope that the information provided helps people to open up the dialog with loved ones and gives you the opportunity for your wishes to be clear.

- ♥ Let your family know that you want to set aside a scheduled time be able to sit and discuss something very important to you
- ♥ Start your conversation with why you were inspired –Was it an article or story you read about or heard through social media? If possible share the article with them and let them know how it affected you
- ♥ Let them know you wanted to share this with them while you are able and capable to discuss this without being under stress
- ♥ Open the conversation to questions. They may have questions about the actual process so be prepared to review facts, clarify any myths and that you are willing to research the answers to any you don't know. Perhaps they may want to discuss this with a religious leader, medical professional, and that you are open to that as well.
- ♥ Have your organ donor card on hand for them to see. Cards can be printed from our website or call our office. If extra cards are on hand this may be provide an opening to hear their own wishes, but it's important not to push.
- ♥ Be prepared for their response- there may be pushback as this can be uncomfortable. Hopefully they will be open to explore. Stress that it is better to have these discussions and your wishes be known than for a family to wonder and possibly regret a decision later.

Once your decision to GIVE THE GIFT OF LIFE, is made known be sure to sign your Donor Card and give the Organ Donor Notification Card to your loved ones. You have made a wonderful choice and perhaps with your support they will join you to sign up to be a donor and spread the word about the importance of organ donation.

For more information or to make a financial contribution visit us at www.odtaa.org.

Leave a Legacy – share your life with others.