

2009

Writing to Transplant Recipients & Their Families



Capital Health



The Decision to Write to Transplant Recipients is a Very Personal One

Sometimes donor families choose to write to transplant recipients and their families to share information about themselves and their loved one. For some donor families, writing to the transplant recipients helps them in their grieving process. The decision to write is your choice.

All correspondence is anonymous. No one need know who you are or where you live. If you would like to write to the recipient, you may send a greeting card or letter. Here is some information to guide you.

Provide General Information About Your Loved One

- Your loved one's **first** name, or simply, "our loved one".
- Your loved one's area of work (not their job title).
- Do **not** include the name of the town or city where you live.

- Please use care in expressing any religious sentiments since the religious beliefs of the recipient/family are unknown.

Closing Your Card or Letter

- Sign your **first** name only, or sign with “the donor family”.
- Do not reveal your address, city or phone number.
- Do not reveal the name or location of the hospital in which your loved one was a patient.

Mailing Your Card or Letter

Send it to your Donor Coordinator (address on the back). The Donor Coordinator will review the note to ensure confidentiality. Your card or letter will then be mailed to the recipient.

- Place your card or letter in an unsealed envelope.
- Include a separate piece of paper with your full name and the date of the donation.

- Place both items in another envelope, seal it and mail to your Donor Coordinator.

Will I Hear From the Transplant Recipient?

You may or may not receive a response from the recipient. Many transplant recipients have said that they are overwhelmed with emotion and have difficulty expressing their gratitude in words. Others may take several months or even years before they feel comfortable writing to their donor family.

If you need further information about writing to a transplant recipient, please contact your donor coordinator.

Critical Care Organ Donation Program

Room 4091, Abbie J Lane Building
5909 Veterans' Memorial Lane
Halifax, NS B3H 2E2
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Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information.

For a list of public libraries in Nova Scotia go to <http://publiclibraries.ns.ca>

Capital Health promotes a smoke-free and scent-free environment. Please do not wear perfumed products.

Thank You!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

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