



Writing to your Donor Family

Why write?

Reaching out to your donor's family is a personal choice.

For donor families, hearing from their loved one's recipient can help them in their grieving process. Many donor families have shared that a card or personal note from a recipient offers some comfort.

For recipients, writing provides an opportunity to say thank you to their donor's family for the gift of life, hope, and health they have been given.

All correspondence is anonymous at first, until both sides decide they would like to share identifying information. When families do choose to share their direct contact information, it generally occurs only after some anonymous letters have been exchanged.



Working together to save lives
through organ and tissue donation.

Questions?
We are here to help.

Donor Family Aftercare
(425) 201-6600
(877) 275-5269

www.lcnw.org/families

In collaboration with:

Renal and Pancreas Transplant Program
at Virginia Mason

Sacred Heart Medical Center
Transplant Services

Seattle Children's Transplant Center

Swedish Organ Transplant Center

UW Medicine Transplantation Services

What to Write...

General information about yourself, which may include:

- Your first name
- Your job or occupation
- The state (not city) in which you live
- Your family information (marital status, children, grandchildren)
- A photograph of yourself or your family members

Carefully consider disclosing religious or political comments as the views of your donor's family are unknown.

Talk about your transplant experience:

- Recognize the donor family and thank them for their gift
- Explain how the transplant has improved your health and changed your life
- Describe key life moments that have occurred since your transplant such as birthdays, returning to school, or beginning a new job

Will I hear from the donor family?

When reaching out to a donor family, know that it is their personal choice to return the sentiment or not. Some families find comfort in corresponding with their loved one's recipients, while for others the process may be difficult. LifeCenter Northwest and your transplant center will coordinate sending your letters back and forth. If the time comes when both parties would like to communicate directly, LifeCenter Northwest will guide you through that process.



Remember, anyone can write at any time. There is no right or wrong time to be in touch.

Mailing Your Correspondence

Please mail or email your letter to LifeCenter Northwest or ask your transplant center social worker to forward it along. It may be helpful to check with your social worker first to see what they prefer.

- Place your letter in an unsealed envelope
- On a separate piece of paper, include:
 - Your full name
 - Your transplant center name
 - The date of your transplant
 - The organ you received
- Mail your letter and identifying information to:
LifeCenter Northwest
Attention: Donor Family Aftercare
3650 131st Ave. SE, Ste 200
Bellevue, WA 98006
- Or email your letter to:
FamilyAftercare@lcnw.org

Example...

"I wanted to offer you my sincerest condolences on your loss, plus thank you for your generosity. You have given me a second chance on life, allowing me to continue spending time with my wife, kids and grandkids. I promise you that I will take care of your son's lungs, as well as take care of myself so that a part of him will live on with me for many years to come."

