

Living Kidney Donor Program

Finding a Donor – Fact Sheet



I've been listed for a transplant at Rhode Island Hospital. How do I share my story so that others will consider living kidney donation?

Educate yourself, educate others: learn as much as you can about living kidney donation and transplant, such as **WHO CAN BE A LIVING KIDNEY DONOR?**

- Must be at least 18 years old
- Must be in excellent health: free from diabetes, uncontrolled high blood pressure, obesity, cancer/chronic infection, and have stable mental health
- Demonstrate healthy motivation to donate a kidney
- Must have health insurance

Make a list of people to tell: Family, friends, work, neighborhoods, schools, sports (golf, bowling), college friends, military friends, fraternity/sorority, alumni association, wedding party, email to your contacts, church meetings or services, organizations or clubs, gym/health club, local news, fundraisers, social media, blogs, websites

Raise awareness... share your story! Be open and honest about your situation. Consider best ways to get the story out. Be cautious, once you put it out you cannot take it back. Refer people to the Brown University Health Transplant website for more information:

brownhealth.org/donorguide

Handling responses; stay positive! When someone doesn't offer or says no, do not feel disappointed. This may not be the right decision at the right time for them. The important thing is to stay positive and move on, until someone who is willing and ready to be your donor finds you!

Call transplant social worker for support or assistance.

Lori Cragan, LICSW **401-444-8549**

Michael Friend, LICSW **401-444-8433**

DIVISION OF ORGAN TRANSPLANTATION

Rhode Island Hospital | 593 Eddy Street, APC 921 | Providence, RI 02903
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Living Kidney Donor Program

Finding a Donor – Best Option



Living Kidney Donation

Best treatment option for you

- Better outcomes over 12-14 years
- Less wait time
- Surgery scheduled
- Excellent kidney from a healthy donor
- Lower dosage of immunosuppressants
- Lower risk of rejection

How to Find a Kidney Donor?

Transplant social workers are here to help.

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