

Direct Contact

For donations and transplants that took place in Nova Scotia after January 18, 2021, you and the transplant recipient may be able to contact each other directly. Both you and the recipient must be willing to have contact and must meet certain criteria:

1. It has been 12 months (1 year) since the transplant.
2. You have corresponded with the transplant recipient anonymously at least 2 times.
3. Both you and the transplant recipient must request Direct Contact **on your own**.

All requests are received by:

- › The Family Support Liaison
- › A Multi-Organ Transplant Program (MOTP) Recipient Transplant Coordinator (RTC)
- › The Regional Tissue Bank

To send a letter, or for more information about the Direct Contact process, contact:

Family Support Liaison

Legacy of Life Organ and Tissue Donation Program

Room 4091, Abbie J. Lane Building

5909 Veterans' Memorial Lane

Halifax, NS B3H 2E2

Phone: 902-718-9124

Email:

DonorFamilySupport@nshealth.ca

Looking for more health information?

Find this pamphlet and all our patient resources here:

<https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Legacy of Life

Designed by: Nova Scotia Health Library Services

The information in this pamphlet is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

WX85-1213 © June 2023 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.

2023

Writing to Transplant Recipients and Their Families

You may choose to write to your loved one's transplant recipient. This is a personal decision. It may take time. Reaching out may help to bring comfort or closure to you and your family.

If you choose to write to your loved one's transplant recipient, it must be anonymous. This means your name will **not** be included on your letter.

Tips for writing to a transplant recipient:

- Tell them about your loved one, like their hobbies or interests
- Consider that they may have different religious or spiritual beliefs than you.

Do not write:

- › Your loved one's name
- › Your name
- › Your family members' names
- › Your address
- › Your phone number
- › The name or location of the hospital where your loved one was a patient
- › Links to social media profiles
- › That you would like to meet someday (see back cover)

Signing your letter

Do not sign your name. You can use:

- › "The donor's family"
- › "The donor's spouse"
- › "The donor's daughter"

Sample letter:

"My wife would have been happy to know that her decision to be a donor would have such a big impact on the lives of others, like you. Knowing that she was able to keep helping others after her death has comforted me and my family as we grieve. Thank you for helping us find meaning in our loss. We think of you often and wish you happiness and health. A Donor Husband"

Mailing your letter

- Put your letter in an envelope. **Do not seal it.**
- On a separate piece of paper, write:
 - › Your full name
 - › The donation date
- Put the unsealed envelope and the piece of paper in a second envelope.
- Seal the outer envelope and send it to the Family Support Liaison (see address on back cover).

- The Family Support Liaison will review the letter to make sure it does not have any personal information.
- They will then mail it to the transplant recipient.
- Your letter will take time to reach the transplant recipient because it must be reviewed by the Family Support Liaison first.

Will I hear from the transplant recipient?

- You may or may not hear from the recipient. It can be overwhelming for some recipients and their families to hear from a donor family. It may take time before they are ready or able to respond.

If you would like more information about writing to a transplant recipient, contact the Family Support Liaison (see back cover).