


2021

Contacting Transplant Recipients and Their Families

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

If you choose to write to a transplant recipient, it must be anonymous. Your last name will **not** be included on any letters that you send. No one will know who you are or where you live.

For donations and transplants that take place in Nova Scotia after January 18, 2021, you and the recipient may be eligible to contact each other directly. Both you and the recipient must be willing to have contact and both of you must meet certain criteria. For more information on the **Direct Contact** process, please contact the Family Support Liaison (see back cover).



If you would like to write to a transplant recipient, here is some information to guide you:

Tell them about your loved one

- Use your loved one's first name only or simply say "our loved one".
- Tell about your loved one's area of work (not their job title).
- Tell about your loved one's hobbies or interests.
- Please use care in expressing any religious sentiments.
- **Please do not include:**
 - › **your address, the name of the town or city where you live, or your telephone number.**
 - › **that you would like to meet someday; there is a separate "Direct Contact" process for this.** For more information, contact the Family Support Liaison (see back cover).


Signing your card or letter

- **Sign your first name only**, or simply sign “The donor family”.
- Do not give the name or location of the hospital where your loved one was a patient.

Mailing your card or letter

- Place your card or letter in an envelope. **Do not seal the envelope.**
- Write your full name and the date of the donation on a separate sheet of paper.
- Place the unsealed envelope and the sheet of paper in a second envelope.
- Seal the outer envelope and send it to the Family Support Liaison at the address on the back of this pamphlet. The Family Support Liaison will review the card or letter to ensure confidentiality.

Your card or letter will then be mailed to the transplant recipient.



Please be aware that your note will take time to reach the transplant recipient because it must be reviewed by the Family Support Liaison before it is forwarded.

Will I hear from the transplant recipient?

- You may or may not hear from the recipient. Hearing from donor families can be overwhelming for some recipients and their families. Know that it may take time before they are ready or able to respond.
- If you would like further information about writing to a transplant recipient, please contact the Family Support Liaison (see back cover).



To send cards or letters, or for more information about the Direct Contact process, please 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 Authority 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: NSHA Library Services

The information in this brochure 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 © January 2021 Nova Scotia Health Authority

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

