

How Do I Tell Someone that I Need a Kidney Transplant?

When someone in need of a kidney transplant is asked why they are not pursuing a living a living donor they often respond by saying: "I don't want to ask someone to donate."

If you speak to kidney donors many will tell you that they volunteered to donate once they heard about their family member or friend's need, that no one "asked" them to donate.

In the Living Kidney Donors Network workshops and webinar those attending are encouraged to develop and tell "their story." There's no need to "ask" someone to donate. By telling your story about your situation, it's obvious what your need is. It's like a job interview, the person being interviewed doesn't start out by asking for the job, they give their background, their experience....they tell their business story.

When kidney patients realize that they do not have to ask directly, they become more comfortable in discussing their situation openly with everyone they know, and the more they tell their story the more comfortable they are at expressing their need.

By having your friends and family members, "advocate" tell your story on your behalf, you are spreading the word about your situation and that will exponentially increase your chances of finding a living donor. Many recipients have received a kidney transplant from an introduction by a mutual acquaintance. (I did!!!!)

You are always given the opportunity to tell your story....when you meet people, they often say, "how are you." If you are prepared, you'll tell them.

To make it easier to tell your story, write down what you want to say. First make a list of the information you want to convey and then write it out your story, i.e.:

- 1. I have kidney disease, my kidneys are failing
- 2. I may have to start dialysis soon....or I've been on dialysis for 8 months and it's been physically difficult.
- 3. I'm pursuing living donation because a kidney from a living donor lasts about twice as long as one from a deceased donor.
- 4. The wait for a deceased donor could be 5 to 10 years.

Develop your story based upon your experience...and review with your advocates what they will say when they tell your story.

Another way to let someone know about your situation is to print cards. Click HERE to see an example of these cards.

To go to the: TO GET STARTED ON YOUR KIDNEY KAMPAIGN - Click HERE

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