



Share Your Spare Update: Getting Started – March 4, 2014

The "Share your Spare" concept comes from a woman who Living Kidney Donors Network has helped to develop a Kidney Kampaign for her husband.

The idea is to send out a weekly email, this person chose Thursday's and calls their update: "Thursday's Share Your Spare." They send the email out to friends and family members updating their donor search and personal health status. You could send your update on any day, but I encourage you to be consistent, whether it's a weekly update or less often. LKDN will help by providing you with a weekly posting early each week that you can use as a template and personalize for your "Share Your Spare" Update.

The LKDN updates will include articles and ideas on information you could provide in your email.

Getting Started with your "Share Your Spare" Updates

For your first "Share Your Spare" update, try to keep it short. Here's are some ideas:

As you may know, (Jim) is in need of a kidney transplant. We found out.... (give a very brief history here. Name of disease, how long ago it started, current state of health, on dialyses, etc.)

We are pursuing a living kidney donor for many reasons. The wait for a deceased donor kidney is about _____years in our area. Also, a kidney from a living donor lasts about twice as long as one from a deceased donor and (Jim) would like to avoid being on dialysis if possible.

I (or we,) are planning on emailing regular updates to provide you with information about (Jim's) health and our campaign to find (Jim) a donor. We've been told that it is not unusual for a friend or family member to be the person that ultimately introduces a donor to someone in need. Email and using social media which we plan to use, has developed into an excellent way to let others know about (Jim's) situation.

If you would like to learn more about the donation process you could go to this website. www.LKDN.org There's a link on the left hand side "For Living Donors." If you would like to speak to our transplant hospital we've been instructed to have someone call, (provide the name and phone number of the hospital and the name of the donor coordinator. You could call your coordinator to get this persons name.)

We would appreciate any help that you could provide and we will include ways that you could help us in future emails.

Our whole family thanks you.