# Text to spread the word to find living donor

*Written by Heather Badenoch, Communications Strategist and Living Liver Donor.*

*This text can be used in emails, social media posts, use a few paragraphs to suggest your story to a media newsroom, etc.*

*Include most of this information in every email, post, etc. So that people have complete information (blood type, how to apply, where you live, reimbursement program, etc.) without having to search.*

\*Please share to help my husband/sister/daughter\*

My husband, NAME, is suffering from end-stage kidney failure. For the past four years, he’s been connected to dialysis machines 3x per week for four hours to clean his blood. He needs a living kidney donor of any blood type to donate in Toronto.

While we are born with two kidneys, a healthy person can live a normal, healthy life with just one.

NAME is on the waiting list for a deceased donor. But there aren’t enough organs for everyone on the transplant list. If a living donor steps forward to donate to NAME, he’ll get off the list for a deceased donor, and everyone behind him will move up by one. The living donor will save two lives!

NAME needs a donor who is 18 or older. There is no upper age limit. Thanks to the national Kidney Paired Donation program, a donor does not need to be the same blood type as NAME to save his life.

You don’t need to be related or from the same background (that’s for stem cell donation, it’s different). Someone who is not eligible to donate blood may be eligible to donate a kidney, because the criteria are different.

We have spoken to friends and relatives during the past few years. Someone recently applied and was screened, but was not a match. So, we are still searching.

Before NAME got sick, we enjoyed travelling. Because he’s on dialysis every couple of days, NAME hasn’t seen his family overseas in years.

NAME is a huge Manchester United football fan and a supporter of the Australian National cricket team.

As I write this, I feel a mix of emotions — a sense of urgency, anxiety and hope. I never imagined that I would have to reach out for help in such a public way. But when a loved one's life hangs in the balance, one's reluctance to step out of the comfort zone fades away. I have seen firsthand the toll that a serious illness can take on a person, physically and emotionally. It's heart-wrenching to witness the pain and frustration that comes with a deteriorating health condition. I believe that by sharing our story, we can make a difference in the lives of many, and maybe even find a miracle.

To learn more and apply to be NAME’s donor, visit the Living Kidney Donor Program: <https://www.uhn.ca/Transplant/Living_Donor_Program/Pages/living_kidney_donor.aspx>. The application form is a 12-page health history found on that page. The form asks NAME’s full name (NAME) and date of birth (April 12, 1959). All applications will be reviewed by the living kidney donor team, who will then contact applicants about starting the screening process.

The transplant would be at Toronto General Hospital. If someone in another city would like to donate, some of the testing could be done in the potential donor’s hometown. The cost of the donor’s testing, surgery and hospital stay is covered by our healthcare system. Additionally, the Program for Reimbursing Expenses of Living Organ Donors reimburses travel, accommodation and food expenses as well as time off work. Up to $5,500. Visit: <https://www.giftoflife.on.ca/resources/pdf/Post_April_1_2021_PRELOD_Brochure.pdf>

The UHN Centre for Living Donation hosts a free monthly online information session for Potential Living Kidney Donors. Here’s the schedule: <https://www.eventbrite.ca/o/the-centre-for-living-organ-donation-at-uhn-18428442380>.

There is also a Canadian Facebook group that may be helpful: Organ transplant recipients and living donors in Canada: <https://www.facebook.com/groups/630523730672476>.

If you’d like answers to any questions about living liver donation, contact:

Centre for Living Organ Donation at UHN

Phone: 416-340-5400

Email: livingorgandonation@UHN.ca

Website: https://www.uhn.ca/Transplant/Living\_Donor\_Program/Centre\_for\_Living\_Organ\_Donation

You can ask questions anonymously to learn more about living kidney donation. Communications between a potential living donor and donor team are confidential and not shared with the recipient.

Please share this with anyone you know who might be willing to help. We will need someone brave and generous to give the gift of life.

Thank you so much to anyone who applies and spreads the word. We are all deeply grateful to you.