



Sharing Your Story of Hope

Stories from transplant recipients, donor families, living donors and those on the waitlist are all so important in communicating the Donate Life mission and the impact of organ and tissue donation and transplantation. Personal journeys are far more compelling than numbers and statistics and are more likely to inspire others to enroll in the [New York State Donate Life Registry](#).

To share your story with Donate Life New York State for use in our communications, such as newsletters, presentations and social media platforms, please complete this Google Form:

<https://forms.gle/g1rtycSEv6mmeJ4q7>

To help you think about what you want to say, we have included some helpful questions below. This is merely a guideline for the thoughts and experiences you may wish to share and you need not answer every question. For additional guidance, please call 518-326-3237 or email Lgran@dlnys.org.

For Transplant Recipients:

- Describe your life before you got sick.
- Give a brief description in layman's terms of what caused your need for a transplant.
- Choose a moment when you were sickest. What was your life like then? Did you experience any physical/activity restrictions?
- How did you feel while you were waiting for a transplant? How long did you wait? What was the impact on your family?
- Think about when you received the call for your transplant. What did you do after the call? How did you feel?
- Describe what it means to you that someone made the choice to be an organ/tissue donor.
- Have you been in contact with the donor's family? If so, what did you say to them? If not, what would you say to them?
- How has your transplant changed your life? What are you able to do now that you were not able to do before?
- Do you celebrate the anniversary of your transplant in any special way?
- What is your advice to people who are unsure if they want to register as a donor?
- What is the last thing you want people to remember about your story? Think of a simple message you want people to walk away with.
- Additional comments

For Donor Families

- Please describe the person in your family who was the organ/eye/tissue donor. Think of a favorite story of them you like to tell.
- What event occurred that brought you and your family to make a decision about organ and tissue donation?
- Had your family member previously decided to be an organ donor?
- How was the decision made? Who was involved? Had organ/tissue donation been discussed among family before?
- What was donated? How many people did the donation help?
- Have you been in contact with any of the recipients? Are you interested in meeting them?
- If you know the recipient, how has the transplant affected their life? How has this new relationship affected your life?
- How has being a donor family member changed your life?
- What is your advice to people who are unsure if they want to register as a donor?
- What is the last thing you want people to know about your family's story? Think of a simple message you want people to walk away with.
- Additional comments

Awaiting a Transplant

- Describe your life before you got sick.
- Give a brief description in layman's terms of what caused your need for a transplant.
- Since being on the waiting list, choose a moment when you were sickest. What was your life like? Did you experience any physical/activity restrictions?
- How do you feel waiting? How have your emotions changed throughout the wait? How long have you been waiting?
- Describe the effect that being on the waiting list has had on your family.
- Describe what it means to you that people make the choice to be an organ/tissue donor. What would you like to say to them?
- How will a transplant change your life physically and mentally?
- What is your advice to people who are unsure if they want to register as a donor?
- After hearing your story, what message do you want people to walk away with?
- Additional comments

For Living Donors:

- Describe the recipient and your relationship with them. What made them such a special part of your life?
- Describe their changes in health. Give a brief description in layman's terms of what caused their need for a transplant.
- Reflect on their illnesses and what restrictions/challenges they faced. What was life like for them? What did they miss the most from their healthier life?
- What was involved in making your decision to be their donor? Was it a gradual decision or did one event/time make the decision for you?
- If applicable, describe the moment you knew you were a match. Were you optimistic or pessimistic? Why? What was the reaction of your family and friends?
- Describe the transplantation process. What were your emotions the day before, day of and day after transplant? What were the emotions of your recipient the day before, day of and day after transplant?
- How has the transplant changed your recipient's life? Compare their life before and after transplant. What has been the best aspect or their best moment post-transplant? Why?
- What does it mean to you to have been able to donate an organ to your recipient? How has the experience altered your life?
- What is the last thing you want people to remember about your story? Think of a simple message you want people to walk away with.
- Additional comments