



**TRANSPLANT
QUÉBEC**

*Organ donation,
together for life.*

Where should I send my letter ?

- Place your letter in an unsealed envelope without postage.
- On a separate sheet of paper, write down:
 - your name;
 - the name of the organ you received;
 - the date of your surgery and the name of your transplantation centre;
 - your telephone number if you wish to receive an acknowledgement of receipt.
- Place the two documents in a sealed envelope and forward it by mail or deliver it by hand to the coordinators of your transplantation centre or directly to the Montreal or Québec offices of Transplant Québec, depending where you live.

Once received, your correspondence will be read in order to ensure that it complies with regulations pertaining to confidentiality.

When Transplant Québec receives your letter, a coordinator-clinical advisor will contact your donor's family in order to obtain their permission to forward your correspondence. Please note that this process may take a few weeks.

Assistance

If you are having difficulty writing your letter or if you have any questions, please contact a coordinator at your transplantation centre or a coordinator-clinical advisor at Transplant Québec. They will be glad to assist you.

INFORMATION

Transplant Québec

Head office :

200-4100, rue Molson
Montréal (Québec) H1Y 3N1
Office : 514-286-1414
Fax : 514-286-0615

Québec office :

100-1305, rue du Blizzard
Québec (Québec) G2K 0A1
Office : 418-845-8145
Fax : 418-845-8561

Email : info@transplantquebec.ca
Organ donation hotline : 1 877 463-6366

www.transplantquebec.ca

Writing to your donor family



Making the decision to write to your donor family

Through organ donation, you have received the greatest gift of all- the Gift of Life. In order to express your gratitude, you may wish to correspond with the family that had the generosity to consent to organ donation after losing a loved one.

The decision to write to your donor's family is a matter of personal choice. Knowing that the donor's family may feel comforted and are deeply touched when they read a letter from the recipient of their loved one's organ, may be of help to you as well.

The letter may be sent at any time - there is no time limit. You may also send a simple card mentioning that you are thinking of them.

Should you decide to write to the family, here are some useful suggestions.

How do I begin my letter ?

- Begin your letter or card with a general greeting such as "To the members of my donor's family" or "To those whom have shown remarkable generosity."
- Speak from the heart when expressing your gratitude.

What information can I include in my letter ?

- All your correspondences should remain anonymous. There should be no mention of your family name, given name, exact age, address, telephone number, email, or the hospital where your transplantation was performed.
- Talk about yourself, your family, hobbies or interests.
- Talk about what illness you had before your transplant, how you felt, and your overall quality of life. Explain how the transplant has changed your life by specifying what it has enabled you to do or do again.
- Refer to specific events in your life since the transplant (e.g. birthday, marriage, birth, graduation)
- Sign off using a generic signature such as "grateful recipient."

Note: When composing your letter, please be cautious about making any comments of a religious nature since you do not know where the donor's family stands on the matter.



The following samples may help you compose your letter :

"It has now been [one month, one year, etc.] since I received the gift of life thanks to you and your loved one's exceptional generosity."

"Please know that each and every day, I am grateful for the gift I have received and I take proper care of it."

"I understand how difficult it can be to live without the person you loved so much, but I hope you find comfort with the knowledge that your loved one has had an incredible impact with my life."

"Words alone cannot express my profound gratitude for the generosity and compassion your family has shown. Your loved one's donation has given me a new lease on life."

Can I expect to receive a response from my donor's family ?

The family may indeed choose to respond. Some families say that talking about their loved one and their loved one's decision to donate his or her organs had helped them through the grieving process. Other families may choose not to respond.