



Jeff, kidney transplant recipient

Are you interested in learning how to find a living kidney donor through telling your story?



Write up a few sentences (or paragraphs) about your situation. Include key points that will help people understand your life with kidney disease. Try including how your life has changed since you received your diagnosis and if you've started dialysis. Share how transplant, especially living donation, can give you your life back, allowing you to return to work and enjoy family time again.

Once you have your story written, you can share it anywhere or with anyone with whom you feel comfortable. Some ideas include: sharing your story with your friends, family members, social media connections, coworkers, place of worship, and community groups that you belong to.



If you are a family member or friend of a kidney patient, you can help share their story too, using the same key points as above. Just be sure to get the patient's permission before sharing their story!

The key is to ask people to continue sharing your story in their own circles, too. The more you share your story, the greater your chances of having a living kidney donor come forward.

Find sample letters that other patients have shared at:
[kidney.org/livingdonation](https://www.kidney.org/livingdonation)



Patients and family members can create a Facebook page and continue to regularly post updates on your transplant journey. By doing this, it will keep people involved and will allow them the opportunity to share your story with others, while also giving them a chance to make an informed decision about whether to consider donating a kidney to you.

NEED MORE INFORMATION?

NKF Cares Help Line
855.653.2273
nkfcares@kidney.org

NKF Peers Support Program
855.653.7337
nkfpeers@kidney.org