

Living-Donor Liver Transplant Champion Sharing Your Story Worksheet

By identifying a living donor, you can receive a life-saving liver transplant sooner — getting you back to enjoying life with your family and friends. But finding a living donor can be a challenge. The first step — start sharing your story.

How to Share your Story

Part One: Introduction – Tell people your name and a little bit about you.

Ex. My name is Jane and I'm a busy mom to three little boys. I love to read, and I also like to hike and explore national parks.

Part Two: Define the Need – Briefly describe your need for a liver transplant and why you are searching for a living donor.

Ex. I'm reaching out because I have a health condition that affects my liver. I have been feeling sicker and sicker for months, and I don't have the energy to do the things that I love. My doctors told me that I need a liver transplant and finding someone to become my living donor is my best option.

Part Three: List the Ways People Can Help – Let people know how they can make a difference.

Ex. I've always been independent and able to take care of myself. But now, I'm turning to my community for support. Please help me to find a living-liver donor so I can receive a life-saving transplant. I would truly appreciate it if you shared my story with others. Anyone interested in being evaluated as a potential living donor should complete the online form at LivingDonorReg.UPMC.com. Thank you for your help.

Finding a Living Donor Champion

A Champion may be a friend, family member, co-worker, or anyone else who is willing to provide emotional support for someone while on the liver transplant waiting list. They can help by taking the lead in finding and securing a suitable living donor.

Who I will ask to be my Living Donor Champion(s)? _____

What are some tasks I'd like my Living Donor Champion to help with? _____

My Plan to Take Action

Who Can I Share My Story With?

- Family: _____
- Friends: _____
- Acquaintances: _____
- Neighbors: _____
- Coworkers: _____

Where Can I Share My Story?

- Places of Worship/Clergy: _____
- Clubs/Civic Organizations: _____
- Volunteer Groups: _____
- Alumni Organizations: _____
- Fitness Centers/Sports Groups: _____
- Local Media: _____
- Local Legislators: _____
- Police/Fire Departments: _____
- Stores/Pharmacies: _____
- Libraries: _____
- Community Centers: _____
- Salons/Barber Shops: _____
- Other: _____

Which Methods of Communication Should I Use?

- | | | | |
|-------------------------------------|--------------------------------------|---------------------------------------|--|
| <input type="radio"/> Word of Mouth | <input type="radio"/> Fliers | <input type="radio"/> Social Events | <input type="radio"/> Vehicle Decals/Magnets |
| <input type="radio"/> Facebook Page | <input type="radio"/> Business Cards | <input type="radio"/> Family Reunions | <input type="radio"/> T-shirts |
| <input type="radio"/> Emails | <input type="radio"/> Bulletins | <input type="radio"/> Club Meetings | |
| <input type="radio"/> Letters | <input type="radio"/> Newsletters | <input type="radio"/> Yard Signs | |

Other: _____

For information or support, please contact the Living Donor Transplant Team at **412-647-3476** or visit **UPMC.com/LivingDonorChampion**.

Join the conversation about living donation on Facebook by visiting **Facebook.com/Groups/LivingDonorChampion**.