

Start the conversation about organ donation

the essential guide to hosting a **teacht le chéile** event.

teacht le chéile 
BRINGING PEOPLE TOGETHER
FOR ORGAN DONOR AWARENESS




Registered Charity No.
20011260

Teacht Le Chéile Toolkit Talk, Tell, Take Action

This Teacht le Chéile booklet provides a Toolkit on organising activities and events to bring people together to talk about organ donation and transplantation.

This will help to start the conversation about organ donation for transplantation. To not leave your loved ones in doubt of your wishes and to act on signing up for a donor card.

teacht 
le chéile
BRINGING PEOPLE TOGETHER
FOR ORGAN DONOR AWARENESS



Contents

Foreword

1 About Organ Donor Awareness

Page 03

2 What is Teacht Le Chéile?
Page 03

3 How to Organise a Teacht Le Chéile

Page 04

4 Teacht Le Chéile Event Ideas
Page 05

5 Teacht Le Chéile Checklist

Page 06

6 Teacht Le Chéile Conversation Starters

Page 08

7 Keep the Conversation Going

Page 10

8 The Human Tissue Bill
Page 11

9 Contact Information
Page 14

10 Extras
Page 15

11 About the Irish Kidney Association
Page 20

Foreword

The act of organ donation is an act of love, kindness and community solidarity. Deceased Organ Donor Families are truly inspiring and are role models for the more compassionate, inclusive and caring society we would all like to live in. In giving this 'gift of life' it is not only the recipients who benefit, it is their families as well as society at large. The wonderful gift of life passes to transplant recipients and families who

'pass it on'.

We need to encourage more people to say yes to organ donation not just so more people waiting on organ donation can receive the

“ gift of life”

but to help create a kinder and more compassionate society.

This **Teacht le Chéile** branding is a pilot. It is an Irish phrase with no direct English translation. It indicates coming together, in unity, and shows strength of community, spiritual wholeness and the fundamental bond that unites all human beings. This is exactly what organ donation is all about. In the same way, as being Irish is associated with friendliness, we aim to make organ donor awareness associated with being Irish, so the Teacht le Chéile branding is one way of doing this.

This toolkit gives some pointers on how you can use your experience to promote organ donation and transplantation. It is about bringing together your lived experience and some basic knowledge to help your listeners make an informed decision about organ donation.

Whilst knowing certain facts about organ donation and transplantation helps when talking to the public, it is your personal story that really inspires people. It creates empathy. Empathy is a very powerful emotion; it is about making a human connection with another person and encourages people to act.

Many who have been through the organ failure journey, whether patients or family members, do not see themselves as anything special – as many people say,

“ You just get on with it”.

For a stranger, hearing your transplant story for the first time can be very emotional. Hearing about the frequent hospital visits, the uncertainty, the burden of illness, the impact on your family, waiting for the call, how the Gift of Life changes lives for the better, is truly inspiring. Similarly, if you are from an organ donor family, a stranger hearing your story about your decision to donate can really influence them to make the decision to donate their organs.

Public speaking is not everyone's cup of tea so this Teacht le Chéile tool kit outlines several different things you can do to raise awareness which do not involve public speaking.

You know your local community best, and this tool kit provides guidance on how you can help raise awareness in your community. We would really like to hear your feedback. Together we can make a real and positive difference in Irish society.

April 2024

1 About Organ Donor Awareness

Organ Donor Awareness celebrates the gift of life, giving thanks to organ donors and their families and raising awareness of the need for more organ donors.

The Irish Kidney Association is asking you to support Organ Donor Awareness by hosting a Teacht Le Chéile event.



**coming
together**

2 What is Teacht Le Chéile?

Teacht Le Chéile, the Irish for 'coming together', are organised events that encourage people to connect and start conversations about the benefits of organ donation for transplantation. As part of active citizenship the goal is to bring people together to start the conversation with family, friends, colleagues, and the wider community about organ donation for transplantation.

Benefits of Teacht Le Chéile Events

- Enhance connections with others who share an interest in helping others.
- Make new friendships.
- Create a sense of community and belonging.
- Create an opportunity to have meaningful conversations.
- Learn about the importance of sharing lived experiences.
- Understanding the plight of people with organ failure.
- Let our family and loved ones know our thoughts about organ donation.
- Spread awareness about the importance of organ donation for transplantation.

3

How to Run a Teacht Le Chéile Event

To run a Teacht Le Chéile event you need:

- people
- topics to start a conversation
- and/or some questions.

It can be **face-to-face** or a **virtual event** taking place over Zoom, Skype or on Microsoft Teams. It can be as simple or as involved as you like.

You can be creative with it and think of unique ways to bring people together in order to start conversations.

Ideally, Teacht Le Chéile events will have volunteers who are happy to speak in public about their own organ donation or transplant experience.

Sharing personal stories can help. *

Alternatively, you can use the ideas contained in this guide to get the conversation going or you can do both. This is a helpful guide but you will know what works best in your community.



* Please give season, e.g spring and year, rather than actual date if talking about your donation or transplant. This protects people's privacy.

4 Teacht Le Chéile Event Ideas



Coffee Mornings

Organise a group of people to come together with some refreshments and time to chat in a casual and relaxed setting.

A Walk or Run

Get some fresh air while you walk or run and talk to others who relate to your experience. Make sure to hydrate and have a chat afterwards!

Lunch Break

Have a catch up with your colleagues in the break room. Spread awareness in the workplace as well as giving your work friends more information. Show a documentary or watch a film about organ donation and have a discussion afterwards.

Arts-Based Event

Host an event where people can express their feelings about organ donation in a creative way, such as through painting, pottery or creative writing!



Community Group

Add a Teacht Le Chéile to your next agenda, whether you take part in a running group, a book club, a religious meeting group or even a golf club!

At School or University

Talk to your local students' union or teacher and include a Teacht Le Chéile in your timetable, in the canteen or assembly hall. The Education Teacher pack is a useful resource: www.ika.ie/education-pack/

Photo Display Event

Display photos which show the impact of organ donation. For example, this photo is made possible because someone donated, e.g. transplant / athlete winning a medal, a family celebration, an achievement, an anniversary, having a new baby, etc.

Online

Host a virtual event for people who cannot attend or loved ones living far away, or who feel safer meeting online.



Quiz Night

Host a quiz night with some questions about organ donation to spread awareness in a fun and creative way!

Public or AI Fresco Event

Organise a Teacht Le Chéile somewhere in your community such as in the library, community centre or local park. Or an AI Fresco event such as hosting a picnic or barbecue for family and friends.

Use the information from the organ donor card factfile which has FAQ's to craft your questions.

5

Teacht Le Chéile Checklists

Organising a Face-to-Face Teacht Le Chéile

- **Choose a venue** to host your Teacht Le Chéile. Keep in mind the size of the space, the access to adequate ventilation, health and safety, and accessibility for all attendees. If it's a large gathering you may have to seek permission to proceed.
- You may need to rent the space and **organise refreshments**. If costs are involved like venue hire or providing refreshments you might like to encourage people to contribute a nominal amount like, €2, or bring along one food item, be it a packet of biscuits, home baked items. Anything left over can be donated to charity.
- **Invite your audience** – community, colleagues, friends. Invitations can be through word of mouth, text, whatsapp, social media (such as Facebook or Instagram), a notice in your local newspaper or on a community or church bulletin. You could also create posters or leaflets to promote the event for display in public places. Pre-promote the event by arranging a photo in advance with people or an activity which can be used as part of the event's promotion on leaflets, posters, in news articles, etc.
- Print out the **conversation questions** provided in this toolkit or make up your own questions relating to the topic you want to discuss.
- Check out our website for more information on Organ Donor Awareness Week.
- When people arrive, ask them to sit with someone they do not know if possible, to **encourage conversation and the creation of new friendships**.
- If applicable, **start with an icebreaker** (some ideas are included in the Extras section on page 11), this may take 10-15 minutes to complete.
- Start the conversation by someone **asking one of the 'Conversation Questions'**. Try to allow time for everyone to answer, and then go on to the next question.
- Keep the conversation **informal and open**.
- Use the online form to tell us about your event, so we can publish on calendar of events on our website: **[ika.ie/whats-on/yourevent](https://www.ika.ie/whats-on/yourevent)**.
- You will need to do a **risk assessment**. Sometimes if you are organising an event at a venue or public space you may be asked to provide proof of insurance.*
- **Contact your local IKA Branch official prior to organising your Teacht Le Chéile event to chat about insurance cover as they may be able to help.**

* Unfortunately the IKA insurance policy only covers events organised directly by an IKA branch. Due to cost we can not extend the insurance coverage for events organised by third parties..

Teacht Le Chéile Checklists

Virtual Teacht Le Chéile

- **Choose your video platform** – Zoom, Microsoft Teams, Skype, WhatsApp, etc. Advertise the event and invite people to join in.
- Have a copy of the **Teacht Le Chéile conversation questions ready** to share on screen or make up your own questions relating to the topic you want to discuss.
- Start the video chat and **invite people to join**.
- If applicable, **start with an icebreaker** (some ideas are included in the Extras section on page 11). This may take 10-15 minutes to complete.
- If you have large numbers, **consider using breakout rooms** to have smaller groups.
- Start the conversation by someone **asking one of the questions**. Try to allow time for everyone to answer before going on to the next question.
- It is important to **listen to what is being said** and that only one person speaks at a time.
- Allow roughly **five minutes per question**.
- Keep the conversation **informal and open**.



For more information on Zoom and Microsoft Teams:

<https://learning.zoom.us/learn>

<https://support.microsoft.com/en-us/teams>

6

Teacht Le Chéile Conversation Starters

- Famous people that have had organ transplants (could be great quiz questions):
 - Andy Cole – (Footballer)
Kidney
 - Sarah Hyland – (Actress - Modern Family)
Kidney
 - Tracy Morgan – (American Actor)
Kidney
 - Steve Jobs – (Former Apple CEO)
Liver
 - Selena Gomez – (American Singer / Actor)
Kidney
 - Larry Hagman – (American Actor)
Liver
 - George Best – (Footballer)
Liver
 - Lucy Davis – (Actress - The Office)
Kidney
 - Tina Turner – (American Singer)
Kidney
 - Jonah Lomu – (Rugby)
Kidney
 - David Norris – (Retired Senator)
Liver
 - Eddie Large – (Comedian)
Heart



*See loose page for quiz questions, that can be handed out.

Teacht Le Chéile

Conversation Starters

- Why it's important that your family know your wishes
- Would you consider donating your organs?
- Do you have an organ donor card?
- Do you know how to go about becoming a donor?
- Do you have the digital app or a physical organ donor card?
- Does your family know your wishes either way?
- Does the recipient ever find out who donated an organ to them and does the deceased's donor family ever know who the recipient/recipeints are?
- Did you know the kidney is the most common organ transplant performed worldwide!
- Did you know Organ Donation has resulted in over 7,600 transplant operations in Ireland alone... And from that number approx. 5,300 are of kidneys!
- Have you seen any story lines on TV or in film about organ donation and do you think they accurately represent organ donation
- Two kidneys, two lungs, hearts, pancreas, tissue, bone tendons and small bowel are organs used for transplant. Heart valves can be donated to paediatric patients.
- One organ donor can save seven lives and additional lives can be helped or improved through tissue donation.
- Many families who donated their deceased loved ones organs get comfort from knowing that others have lived because of their donation.
- At any one time in Ireland there are approximately 600 people on transplant waiting lists waiting. Most are entirely dependent on the goodwill of others to donate a loved's ones organs.



7

Keep the Conversation Going

Listening is a vital skill. It helps build relationships with others. 'Active listening' helps improve your ability to listen well.

1 GIVE ATTENTION

- Look at the person who is speaking. Make eye contact.
- Pay attention to the other person's body language, posture and tone of voice. These provide clues as to how they're feeling.
- Mirroring body language can help build connections.

2 MINIMISE DISTRACTION

- Take a break from other tasks you might be doing and focus solely on the other person.
- Put away your phone and ensure it is on silent. Eliminate any other background noises, such as the radio or television.
- Invite the person to chat in a respectful, friendly and open environment.

3 ENCOURAGE THE PERSON TO SPEAK

- Use prompts to show that you have heard what is being said. For example: 'okay', 'I understand', 'uh-huh', or nodding your head.
- Try not to interrupt the person speaking. Give them a chance to properly express their

thoughts and feelings. Leave your questions until they have completed their sentence. You do not necessarily need to have an answer, opinion or solution to what is being discussed.

- Silences and pauses are okay.

4 ASK OPEN-ENDED QUESTIONS

- Open-ended questions require more than just a yes or no answer. They help to keep the conversation going.
- They show the person speaking that you are interested in what is being said and you are giving them the opportunity to continue speaking.

5 REFLECT

- Summarise what you have heard.
- Ensure you understand what the other person has said.
- Reflecting gives the opportunity to clarify anything you are unsure about.
- Be aware of any time constraints those attending might have and try to stay on topic.

8 Quick overview of The Human Tissue Act and Promoting Organ Donation

On February 21st, 2024, the Human Tissue Bill completed its passage through the Oireachtas, and it was subsequently signed into law by the President, Michael D. Higgins, on February 28th. It is now referred to as the Human Tissue Act. The Human Tissue Act covers many areas and this tool kit focuses on practice around organ donation and transplantation.

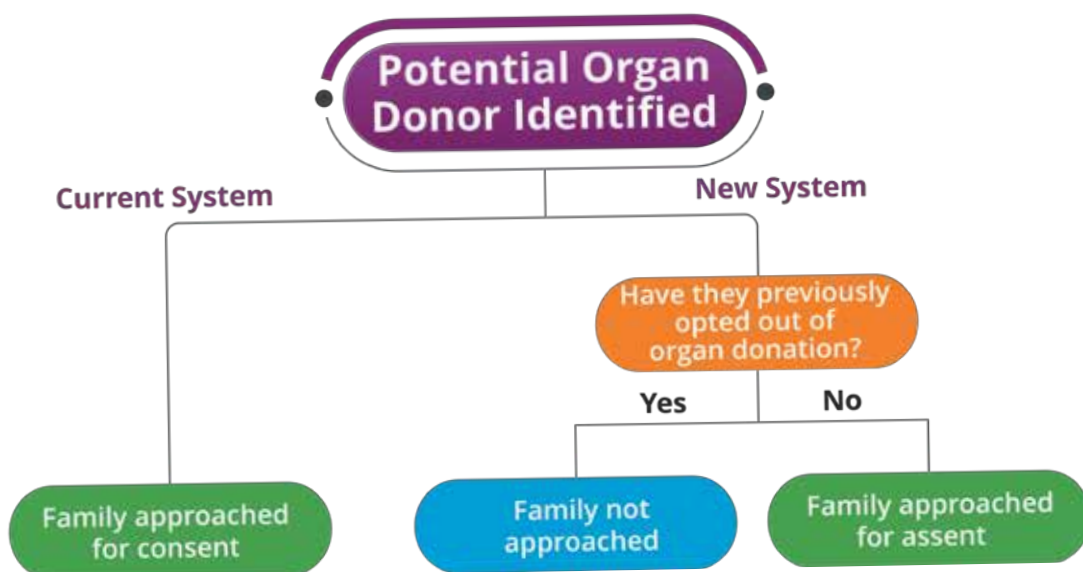
What next?

There are many aspects to the Human Tissue Act that need preparatory work and infrastructure put in place **BEFORE** the Act can commence. So, nothing has changed yet in relation to practice around organ donation in hospitals and no dates have been announced for implementation.

Introduction of Opt-out Register:

An official online register will be set up to record the details of those who choose not to be considered a potential organ donor and register this decision. The graphic below illustrates how this will change the approach for family consent. There is no register existing, or planned, for those who choose to be an organ donor.

Current versus New System:



Quick overview of The Human Tissue Act and Promoting Organ Donation

Key Message:

The role of family in giving final approval for organ donation to go ahead will remain in the new system. The core message of **“Don’t leave your loved ones in doubt”** remains relevant.

Reminders of wish to be a donor

The Organ Donor Card is an ‘ice-breaker’ to encourage a family conversation about organ donation – this is why it has a space for the signature of the ‘Next-of-Kin.’ You can also use the Organ Donor Card smartphone app to send a message to your family. All ways of creating a reminder are shown below. They will all continue.



ORGAN DONOR CARD
www.ika.ie



DIGITAL ORGAN DONOR CARD APP
from the APPLE or ANDROID STORE



1.45 million people with **CODE 115**
on **NDLS Drivers Licence** (Jan. 2013-Feb. 2023)



MY PERSONAL WISHES AND CARE PLAN

Important to know:

- Approximately only 1% of deaths annually are in the circumstances for organ donation to be possible.
- Organ retrieval will only go ahead if there is assent (approval) from the family.

Quick overview of The Human Tissue Act and Promoting Organ Donation

Non-directed ALTRUISTIC DONATION:

Non-directed altruistic donation will be introduced when the new Act is commenced. To date, if someone wanted to donate a kidney to a stranger (altruistically) they had to go to Belfast or abroad.

Directed Donation

Under the Act, directed donation to a specific class or classes of people is not allowed.

Facts and Stats. about Organ Donation and Transplantation:

In 2023 there were 95 deceased organ donors and 30 living kidney organ donors in Ireland. The number of transplants carried out are outlined below.

2023 transplant Figures:

Type of Transplant	
Kidney	191
Heart	7
Lung	24
Liver	54
Pancreas	6
Total	282

Did you know?

- Approximately only 1% of deaths annually are in the circumstances for organ donation to be possible.
- Organ transplants save money. If we take kidney transplants alone each individual kidney transplant saves the health care system €1.6 million plus on average (over a period of 15 years) compared to dialysis treatment.

9

Contact Information

Irish Kidney Association

Donor House, Block 43A, Park West, Dublin, D12 P5V6
t: (+353) 01 620 5306 e: info@ika.ie

More information on organ donation is available at www.ika.ie/faq/organdonation/

How to order an Organ Donor Card

Visit: www.ika.ie/donorcard

or download the Digital Organ Donor Card App



Deonú agus Trasphlandú Orgán Éireann
Organ Donation Transplant Ireland

Organ Donation Transplant Ireland

Ground Floor, Bridgewater House,
Bridgewater Business Centre,
Conyngham Road, Islandbridge,
Dublin 8, D08 T9NH.

T: 01 878 8388 E: odti@hse.ie

10 Extras

Icebreakers

An icebreaker can be a fantastic way to kick off your virtual Teacht Le Chéile event! It will help participants get to know each other a little better before the main event.

'Two Truths, One Lie' ice breaker!

Time Required: 10 minutes

How to:

1. Ask each team member to prepare a list of three interesting 'facts' about themselves, one of which must be made up. This could be anything from a hobby they love to a famous person they say they've met, and so on.
2. Then, get other team members to decide on the facts they think are true.
3. The team member who receives the most incorrect votes wins.
This helps to put people at their ease before moving on to the more serious discussion about organ donation.

Get to know the Room

It is a good idea to get a sense of who you have in the room (in person or zoom). To get started, ask a question like 'How many people have had a transplant' or 'Can you raise your hand if you are or know someone that needed an organ donation'. Some people might be comfortable to talk about their experience and some others might not so, be aware of timing when asking these questions.

Indignant Conversations

Organ Donation Awareness can become a passionate conversation, so you want to be able to support people if this occurs. Be sure to prepare in advance of your event.

Some items that might arise:

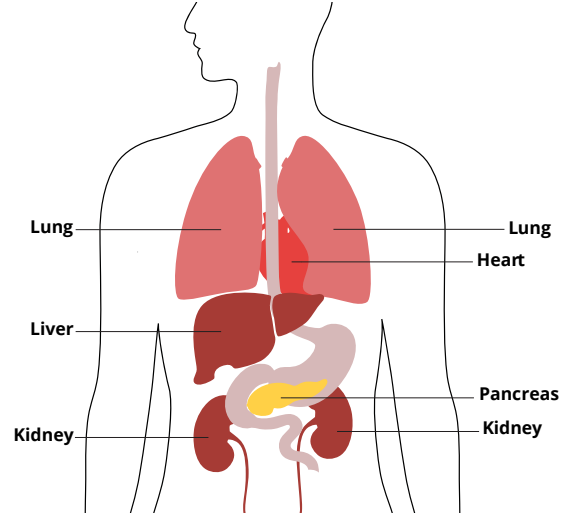
- The Human Tissue Act
- Handling a disagreement
- An event being 'hijacked' by people angry about something that is unrelated to organ donation
- An Emotional release

Offer to have a one-to-one discussion with the person after the event, or take their details and say a member of the IKA will speak with them privately. It is okay to say you do not have an answer to a question but will attempt to get an answer.

More facts about organ donation

The Organs

- **THE KIDNEY** – The most common organ transplant performed worldwide. The renal patients, with failed kidneys, are the most fortunate group because there is an artificial way of keeping them alive which is known as 'dialysis'. This is a tough regime of treatment. Since 1963, over 5,300 kidney transplants have been carried out in this country. There are over 2,400 people in Ireland, with end stage kidney disease, on dialysis. Beaumont Hospital is the National Kidney Transplant Centre.
- **THE HEART** – The size, weight and condition of the heart are critical to a successful outcome in heart transplantation. The Mater Misericordiae University Hospital is the National Heart Transplant Centre and the programme commenced there in 1985.
- **THE LUNG** – Lung transplantation is a life-saving therapy for people with diseases such as Cystic Fibrosis, Lung Fibrosis and Alpha One. The Mater Misericordiae University Hospital is the National Lung Transplant Centre and its service has grown significantly since 2005 such that it now has one of Europe's leading lung transplant programmes.
- **THE LIVER** – The largest solid organ in the body. Since 1993 over 1,300 liver transplants have taken place in Ireland. St. Vincent's University Hospital is the National Liver Transplant Centre.
- **THE PANCREAS** – This gland regulates the level of glucose in the blood, amongst other things. It can be transplanted together with the kidney for insulin dependent diabetic patients. St. Vincent's University Hospital is the National Pancreas Transplant Centre.



Tissue

Unlike solid organs, tissue donors do not need to be maintained on life-support machines.

- **THE CORNEAS** – Corneal tissue is the front part of the tough outer shell of the eyeball. This transplant operation can restore sight to the recipient.
- **BONE & TENDONS** – are used for reconstruction after an injury or during joint replacement or dental surgery. A bone transplant can prevent limb amputation in patients suffering from bone cancer.
- **HEART VALVES** – are transplanted into babies and children with heart defects and into adults with diseased valves.
- **SKIN GRAFTS** – are used as protective dressings in patients with extensive skin loss. This may help to save the life of a person suffering from severe burns.
- **BONE MARROW** – bone marrow transplantation (BMT) is a special therapy for patients with cancer or other diseases which affect the bone marrow. It involves taking cells that are normally found in the bone marrow (stem cells), filtering those cells, and giving them either back to the patient or to another person.

The Irish competent authority on the various aspects of quality and safety of organ donation and transplantation is:
HEALTH PRODUCTS REGULATORY AUTHORITY (HPRA)
Kevin O'Malley House, Earlsfort Centre, Earlsfort Terrace, Dublin, D02 XP77.

The Facts About Donating Life

- You are approximately three times more likely to need organ transplantation in your lifetime than dying in the precise circumstances to be considered a potential organ donor. Only about 1% of deaths allow for potential organ donation.
- A potential organ donor is normally in a hospital on a life support machine and declared dead before a family is approached for consent for organ donation for transplantation.
- The life support machine can keep the blood circulating after death, and this keeps the organs suitable for transplantation but only for a restricted time. A patient who is declared 'brain stem dead' cannot recover.
- Organ donation will not go ahead without the consent of your 'next of kin'. The permission they give is for organ and tissue transplantation only. No organs are removed unless a specific recipient is identified and ready to receive a transplant.
- Nearly all organ donors have suffered a brain trauma through accident, brain haemorrhage or brain tumour and a growing number of donors are cardiac death donors.
- The traditional organ donor card, the digital organ donor card app, a question on the driving licence application and, on your 'Think Ahead' form, are all there as a 'call to action'. They help start an organ donation conversation with your loved ones at a time when everyone is healthy and well, rather than having to make such an important decision when you are grieving the loss of a loved one.

The Facts About Transplanting Life

- The range of organs and tissue currently used for transplantation include the kidneys, heart, lungs, liver, pancreas, cornea, heart valves, bone, and tendons, small bowel and skin.
- The science of transplantation is developing all the time. For example, we are now seeing hand and limb transplants starting in some countries.
- Matching, including blood group compatibility, is an important part of organ donation and transplantation. There are also practical considerations such as matching the relative size and age of the donor and recipient. This matching is done using a computer programme.
- The operation to remove organs for transplantation is performed in a hospital operating theatre under normal surgical protocols by a team of transplant surgeons.
- The organ retrieval surgery for all organs to be used takes place in the hospital where the donor has died and does not interfere with funeral arrangements.
- The development of anti-rejection medication and life support equipment combined with modern surgical techniques has made the transplantation of organs and tissue possible but it cannot happen if we do not have organ donors.
- Families of deceased donors often report emotional benefit from donating their loved ones organs.
- Please consider signing the Organ Donor Card and be sure to share your wishes with your loved ones. Organ Donation is the Gift of Life.

The Irish competent authority on the various aspects of quality and safety of organ donation and transplantation is:
HEALTH PRODUCTS REGULATORY AUTHORITY (HPRA)
Kevin O'Malley House, Earlsfort Centre, Earlsfort Terrace, Dublin, D02 XP77.

Commonly asked Questions

Why Are More Donors Needed?

Because transplantation is now so successful, an increasing number of patients are able to benefit from the procedure. Because of the limited opportunities for organ donation there is a need to ensure that every opportunity is taken so ensuring your family know your wishes is important.

Is there a difference between an organ and tissue donor?

YES. Organs are retrieved from a donor who has been declared brain-stem dead but is maintained on a ventilator. Tissue however, can be retrieved later and, in some cases, up to 24 hours following death.

What is a ventilator?

It is a machine also known as a respirator or life-support machine. It is used to take over the breathing of a person who has lost the ability to breathe for themselves.

How do they know you are really dead?

Two independent doctors have to carry out a series of tests in order to confirm that a patient is brain stem dead. The standards are very strict and are internationally accepted medically, legally and ethically. Cardiac death donors, or non-heart beating donors as they are sometimes known, who do not fully fit the brain death donor criteria, but die following the removal of life support, are now considered for organ donation in some Irish hospitals.

How can I become a donor after my death?

There are two criteria to meet; firstly, to be a potential organ donor you need to die in particular circumstances, as described elsewhere in this toolkit, and secondly, your family is approached about consent for organ donation.

Can older people be donors?

In the case of corneas and blood donation, age does not matter. For organs, it is the person's physical condition, not age, which is the determining factor. Doctors decide in each case whether organs are suitable for retrieval and transplantation.

How are the donor organs removed?

Organ donation is carried out in the hospital in which the patient dies. Following the death of the donor the organs are removed in an operating theatre, with precisely the same care as in any other type of surgical procedure. The donor's external appearance is fully restored afterwards.

Can I be a donor if I have an existing medical condition?

Having a medical condition does not necessarily prevent a person from becoming an organ or tissue donor. It may be that you cannot donate all of your organs but you can donate one or more. When a person is identified as a potential donor, taking account of past medical history, the decision about whether organs or tissues are suitable for transplantation is made by a doctor.

Are donors screened to identify whether they have a transmittable disease?

YES. Blood is taken from all potential donors and tested to rule out transmittable diseases and viruses such as HIV and Hepatitis. The family of the potential donor will be made aware that these tests are required.

Does organ donation leave the body disfigured?

No. The recovery of organs and tissue is carried out with great care and respect by surgeons and trained staff and does not disfigure the body or interfere with funeral plans.

Should I put my wishes in my will?

NO. By the time your will is read it will be too late for you to become an organ or tissue donor. You may wish to consider including your wishes in your 'Think Ahead' form. The 'Think Ahead' form is a statement you can make on the type of medical or surgical treatment you want or do not want.

Would a transplant patient ever know who the donor was?

NO. Confidentiality is always maintained, except in the case of living donations, which are usually within the same family.

Are there religious objections to organ and tissue transplantation?

Most major religious groups approve and support organ donation as it is consistent with caring traditions. However, if you have any doubts, you should discuss them with your own spiritual or religious leader.

Who would get my organs if I become a donor?

Many things need to match or be very close to ensure a successful transplant operation. Blood group, age and weight are all taken into account. For kidneys, another factor is tissue typing which is much more complex than blood grouping. The more accurate the match, the better the chance of success. There are national computerised lists of patients waiting for organ transplants. The computer programme will identify the best matched patient for an organ.

What if I change my mind after filling in the card?

Inform your family and tear up the card.



Blood Donation

is one of the most important conscious donations you can make and allows many life-saving surgical procedures to be carried out. There is a constant demand for fresh blood and the Irish Blood Transfusion Service will inform you of the most convenient donation centre in your area.

Blood Donor Information Line

Freephone: 1800 731 137 (9am-5pm)

www.giveblood.ie

About the Irish Kidney Association

The Irish Kidney Association (IKA) is a charitable voluntary organisation founded in 1978. The IKA is dedicated to meeting the needs of renal patients and their families and carers. These needs are spread across all aspects of life – medical, social and psychological. The profile of the kidney patient ranges from infancy to the elderly who are undergoing various methods of treatment – haemodialysis, peritoneal dialysis (both CAPD and APD), and kidney transplantation.

OUR MISSION is to support patients and their families affected by end stage kidney disease and are either being treated by dialysis or have a working kidney transplant. By providing information on kidney diseases, free counselling, peer support and social benefits and entitlements, the IKA helps patients and families live as normal a life as possible. We continually lobby on their behalf. The patient remains at the centre of the IKA – the patient's needs are paramount.

We receive partial funding from the HSE through Organ Donor Transplant Ireland (ODTI) to fund organ donor awareness.

Irish Kidney Association

Donor House, Block 43A, Park West, Dublin, D12 P5V6

t: (+353) 01 620 5306 e: info@ika.ie



**teacht
le chéile**
BRINGING PEOPLE TOGETHER
FOR ORGAN DONOR AWARENESS



Registered Charity No. 20011260