

Writing to Donor Families

We appreciate you taking the time to consider writing to your donor family, as these letters are often a great comfort. This process can also be helpful in your own healing journey after transplant. There is no required timeframe – you are welcome to reach out whenever you feel ready.

Suggestions For Writing

You are welcome to send cards, letters, and even photographs. To assist you in deciding what to share, please consider the following suggestions:

- Include your first name, age, occupation, hobbies or interests.
- Include information about your family, such as marital status or whether you have children or grandchildren.
- Describe your transplant journey: how long you waited, what that experience was like for you and your loved ones, and how the transplant has impacted your life.
- Express gratitude and recognition of your donor and their family's selfless gift.
- Describe activities you're now able to do or return to as a result of your transplant.
- Share significant life events that have happened since your transplant, such as celebrating birthdays or anniversaries, getting married, becoming a parent, or returning to work or school.
- Out of respect for the unknown religious background of the donor family, please exercise sensitivity if you decide to include religious content in your communication.
- Until you've established mutual interest in ongoing communication, we recommend against sharing any identifying details, such as your last name, address, phone number, email, or social media accounts.

Options for Sending Your Message

1. Submit an electronic message through our website:
[honorbridge.org/ recipients/write-to-donor-family](https://honorbridge.org/recipients/write-to-donor-family)
2. Provide your card or letter to your transplant coordinator, who will forward it to us with the necessary information to ensure it reaches the correct donor family.
3. Mail your card or letter to HonorBridge at the address listed below.
 - Please write your full name, transplant hospital, date of transplant, and organ received on a separate piece of paper to assist us in identifying the appropriate donor family.

• **Mail to:**

HonorBridge
Family Resource Program
7000 Millhouse Road
Chapel Hill, NC 27516

Once we receive your letter, we will review it and then do our best to ensure it reaches your donor family. Please be prepared that you might not receive a response. While some donor families find comfort in letters from recipients as they grieve, others, even when they are at peace with their generous decision, may need privacy and choose not to communicate.

If you have any questions regarding this process, please reach out to a Family Resource Specialist at any time:

Email: FamilyResources@HonorBridge.org

Phone: 800.200.2672 #2

Web: HonorBridge.org