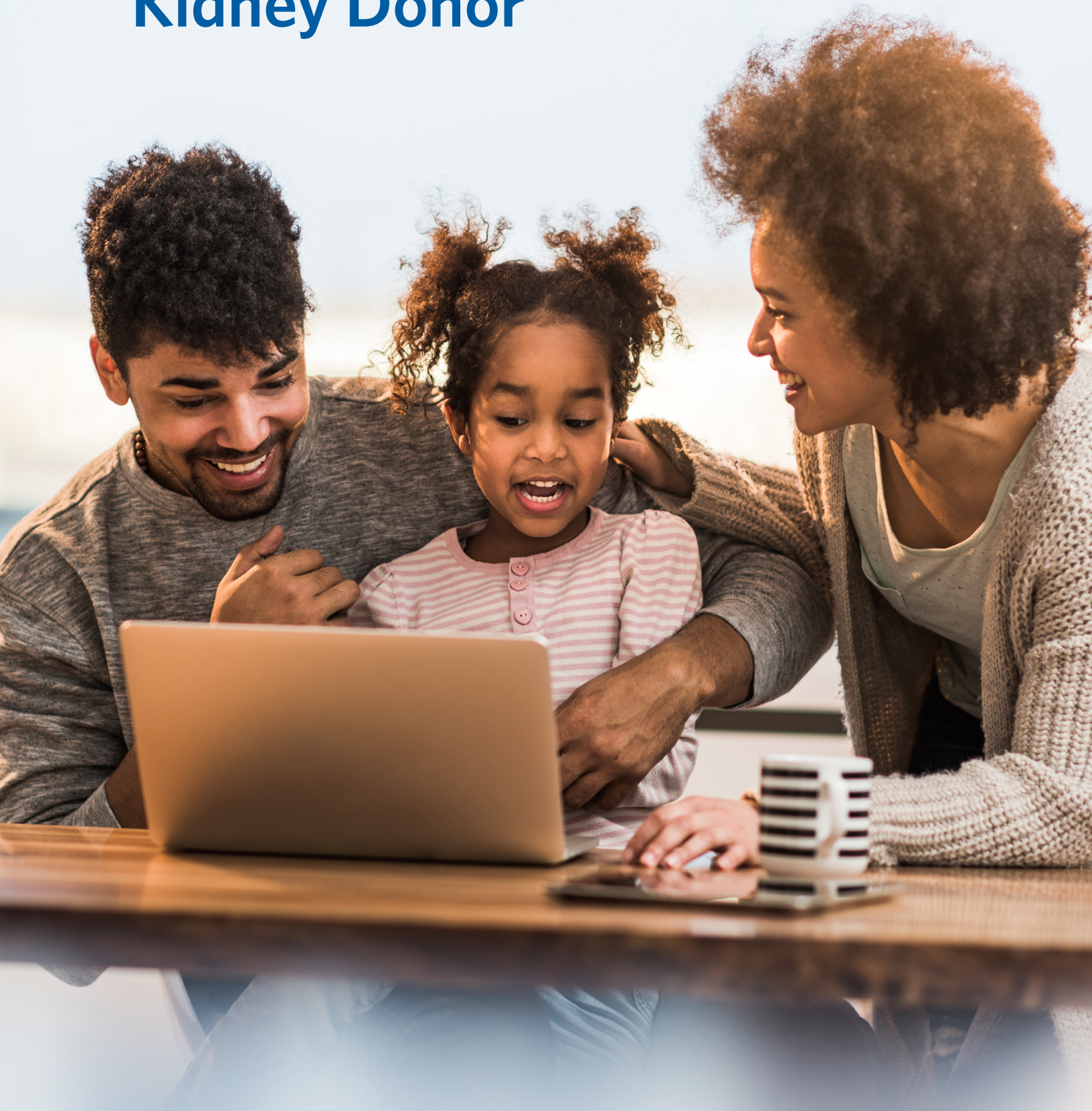


How to Find a Living Kidney Donor



About living donors

A living donor is a person who donates an organ while they're still alive. A deceased donor is someone who donates an organ after they die.

Why you should find a living kidney donor

- Living donor kidneys tend to last longer than kidneys from deceased donors.
- An organ from a living donor gives you a better chance for a longer, healthier life.
- If you have a living donor, you don't have to wait for a kidney. An organ donation from a deceased donor can take years.

Living donor guidelines

A living donor must be 18 years or older. They must also be healthy enough for surgery.

A living donor can be:

- a family member
- a friend
- a neighbor
- someone you don't know.



How to find a living kidney donor

Talk to people you know

The best way is to talk to your friends and family. You can tell them:

- you need a kidney transplant
- a living kidney donor is your best chance to make that happen quickly
- they can visit our website to learn more
- they can use the other resources on this sheet.

Reach out to people you don't know

If you don't know any donors, there are other ways to find one.

Get a living donor Champion.

A living donor Champion is someone who can help find you a living kidney donor.

Spread the word.

- Make a web page.
- Use social media.
- Make signs, bumper stickers, or t-shirts.
- Make business cards and hand them out.
- Make a video.
- Hold a church or community event.
- Tell your local news station.

How to use social media to find a living kidney donor

Things you should do

- Tell your story about why a new kidney will save your life.
- Keep your post short.
- Give your full legal name.
- Give the link to the Vanderbilt Health living kidney donor form on our website.
- Set your post to “public” so it can be shared.
- Ask people to share your post as part of your message.

Things you should NOT do

- List your blood type.
- Give your personal contact information.
- Give personal information about your transplant team.
- Say that you need money.
- Say that you'll pay a living donor for their kidney.



Example of a social media post

Hi friends,

As you may know, I have kidney disease. I was told that my best chance to survive is to get a new kidney. This transplant will *[talk about how a transplant will save your life]*.

Did you know that I can get a kidney from someone who is still alive? Will you think about becoming my living donor?

If so, please click on the link below to start the process and learn more. Any information you share on the form will be kept private.

All tests and the surgery are covered by my insurance.

Please share this message. The more people who see it, the higher the chance I will find my match!

After you find a living kidney donor

1. Visit our website to learn more about living donation:
**[vanderbilthealth.com/program/
living-kidney-donor-transplant](https://vanderbilthealth.com/program/living-kidney-donor-transplant)**
2. Your donor should fill out a form on our website so we can learn more about their health.
3. We'll do some tests to make sure your donor is the right match for you. Your donor will come to Vanderbilt for 2 days. During this time we'll:
 - test their blood
 - check to see if they're healthy enough to donate
 - make sure they understand all the risks.

More resources

- **National Living Donor Assistance Center**
livingdonorassistance.org
- **National Kidney Foundation**
kidney.org/atoz/content/living-donation-sample-letter-family-and-friends
- **American Society of Transplantation (AST) Live Donor Toolkit**
livedonortoolkit.com
- **National Kidney Registry**
kidneyregistry.org

If you have questions

Please reach out to your transplant coordinator if you have any questions. We can help you use social media or other ways to find a living donor.

