




**Saving lives, together.**

Use your phone's camera or a QR reader app to scan the QR code below and follow the link to learn more about our Family Resource Program. You can watch a video about the about the Donor & Recipient letter writing process.




**Questions?  
We are here to help.**

Donor Family Resource Program

 503-494-5560

 [CLAAftercare@ohsu.edu](mailto:CLAAftercare@ohsu.edu)

 [www.CascadeLifeAlliance.org](http://www.CascadeLifeAlliance.org)

*Remember, anyone can write at any time.  
There is no right or wrong time to be in touch.*

# WRITING TO RECIPIENTS

A guide for Donor Families



# How to write your letter

Start with general information about yourself. This can include any of the following:

- Your first name
- Your relationship to the donor
- The state (not city) where you and/or the donor lived
- The donor's family information (marital status, children, grandchildren)
- Information about you or your loved one's life, passions, interests, hobbies, etc.
- How the donation experience has impacted your life
- A photo of your loved one

Carefully consider what religious or political comments you disclose, as the views of the recipients is unknown.

## What information NOT to include in your letter

- Last names
- Any contact information (phone numbers, email, websites, social media accounts, etc.)

The writing process is confidential and anonymous unless both parties choose to sign an identity disclosure form through Cascade Life Alliance.

# How to mail your letter in two steps

1. On a separate piece of paper from your letter, include the following information:

- Your full name
- Your loved one's full name
- The date of your loved one's death

2. Put your letter and the separate sheet of paper in a stamped envelope addressed to:

Cascade Life Alliance  
Family Resource Program  
2611 SW 3rd Ave, Ste 320  
Portland, OR 97201

# How to email your letter in two steps

1. In an email with the subject line "Letter from Donor Family," include the following information in the body of the email:

- Your full name
- Your loved one's full name
- The date of your loved one's death

2. Add the written or typed letter as an attachment to the email, and send to [CLAAftercare@ohsu.edu](mailto:CLAAftercare@ohsu.edu).

# Common questions about writing to recipients

## Do I have to write a letter to the recipient(s) of my loved one's organs?

No. The decision to write about your experience is a personal choice. Families may choose to write transplant recipients to share information about themselves and their loved one. For some, the letter writing process helps their grieving process. Recipients may not write for a variety of reasons, however, we are committed to assisting with the correspondence process when the time is right for everyone.

## Will my information be shared with the recipients?

No. All correspondence is anonymous unless both parties sign a form consenting to disclose their information.

## Will I get a letter back from the recipients?

Unfortunately, it's impossible to know if the recipient(s) will reply or send a letter initially. It's a personal experience for recipients as well, and many struggle with finding words to express thanks for one of the greatest gifts. If any recipients do write to you first, or reply to your letter, Cascade Life Alliance will forward all letters back and forth to maintain confidentiality. If a day comes when you and the recipient want to communicate directly, Cascade Life Alliance's Aftercare coordinator will guide you in that process.