



**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.



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

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

Donor Family Resource Program

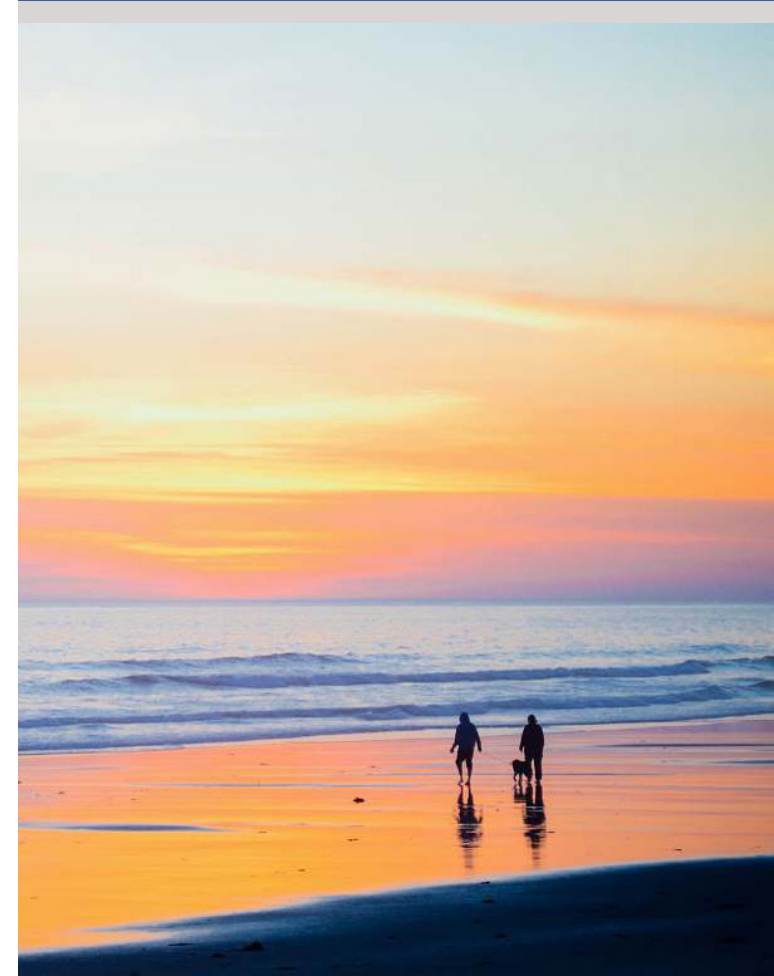
 503-494-5560

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

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

## **GIVING THANKS: WRITING YOUR DONOR FAMILY**

**A guide for Transplant Recipients**



# How to write your letter

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

- Acknowledgment and sympathy for the death of their loved one
- Your first name
- Your occupation, hobbies, and interests
- The state (not city) where you live
- Your family information (marital status, children, grandchildren)
- A photo of yourself or your family
- How the transplant experience has impacted your life
- How long you were waiting for a gift

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 transplant center name
- The date of your transplant
- The organ(s) you received

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 Recipient,” include the following information in the body of the email:

- Your full name
- Your transplant center name
- The date of your transplant
- The organ(s) you received

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 donor families

## Do I have to write a letter to my donor family?

No. The decision to write about your experience is a personal choice. For donor families, sharing about their loved one may help in their grieving process. For recipients, it can provide an opportunity to extend gratitude for the gift of life, hope, and health. Donor families often want to know their loved one’s gift has been received and made a difference in someone’s life.

## Will my information be shared with the donor family?

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

## Will I get a letter back from the donor family?

Unfortunately, it’s impossible to know if the donor family will reply to your letter or send one initially. It’s a personal experience for them as well, and many struggle with the decision to write. If the donor family does 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 both you and the donor family want to communicate directly, Cascade Life Alliance’s Aftercare coordinator will guide you in that process.