

Step 2:

Discuss & Decide

Now that you've explored the topic of organ and tissue donation, have a conversation with your family/whānau and discuss your wishes with them.

If you've had a conversation about whether you want to be an organ or tissue donor, your family/whānau will know what to do and it might make their decision a little easier.

Ways to introduce the subject of organ donation with your family/whānau

There's no right way to bring up the topic of organ donation with your family. Some people have done the following:

- Discussed the topic of organ donation when their teenage children are applying for their driver licence
- Or on the renewal of their driver licence or health insurance
- Shared an organ donation story they've seen in the news
- Shared a story of a friend or family member who needs a transplant or who has had an organ or tissue transplant

Ideas for starting a conversation about donation:

- I've just been reading an article in the newspaper about a woman who needs a lung transplant. What are your thoughts on being a donor?
- I need to renew my driver licence this week and there's a question about being a donor. What do you think about organ donation?

- Did you know that {cousin/uncle/neighbour/work colleague} had a heart transplant last year? It got me thinking about organ donation and whether I want to be a donor.

This is also your opportunity to find out what your family would want in the event of their deaths.

You may also like to discuss the following:

- Your wishes to be an organ and tissue donor
- How your family can support your decision by speaking for you if you are in a situation where you can't speak for yourself
- Which organs and tissues you would want to donate
- What your family/whānau think of organ donation
- If they would want to be donors in the event of their deaths and which organs or tissues they would choose to donate