

Kidney Transplantation

What is a Live Donor Advocate & how can i find my own advocate?



Kidney Advocates

We know that it isn't easy for a person with kidney failure to ask others if they are willing to consider being a kidney donor.

Asking friends, colleagues, community members and even family members to consider donating a kidney can be a daunting task.

We encourage you to identify a 'Kidney Advocate', someone who is willing to educate others about your condition and about your transplant options so that you do not have to feel awkward.



How Your Kidney Advocate Can Help

Send a letter or an email

Kidney Advocates can tell people about your situation through a letter or email. Your advocate will educate them about the available options for kidney failure, and explain why they chose to become your Kidney advocate.

Host a gathering

Your Kidney Advocate may set up a meeting or event at your home or local community venue and invite people to come learn about kidney disease and the treatment options available to people with kidney failure. They may tell your story so that the attendees can better understand what living with kidney disease means. Your Kidney Advocate can also invite a healthcare provider such as a nurse, social worker, or doctor to attend and speak with the group. We encourage your kidney Advocate to contact us if they would like us to assist them in finding someone to speak at their gathering.

Create a facebook page or webpage

The internet can be a great tool for spreading the word about kidney disease and the impact it is having on you.

Who makes a good Kidney Advocate?

Anyone can be a Kidney Advocate for someone who needs a kidney transplant. Often times, a Kidney Advocate is someone who already donated or received a kidney, someone who wanted to donate a kidney but was ruled out because of their own medical or psychosocial issues.

What does a Kidney Advocate do?



A Kidney Advocate lets people in their circle know that you have kidney failure and then provides educational materials about kidney disease, treatment options (dialysis or transplant) and living kidney donation. We have developed tools for Kidney Advocates to use so it is easier for them to get the word out.

Some common myths about transplant

Myth 1: dialysis must precede transplant

Actually, people who receive a kidney transplant before going on dialysis do better than patients who went on dialysis before transplant! Both patient and kidney transplant survival are better when patients undergo pre-emptive transplantation (meaning transplant before needing dialysis).

Myth 2: transplant is a last resort

Transplant should be the first choice, whenever possible. As mentioned above, people do better if they were not on dialysis. In general, the healthier someone is, the better they do after transplant.

Myth 3: only a close relative can donate

Just about anyone can donate a kidney to someone in need of a transplant, as long as the donor is medically able to donate. With the medications available today, the genetic match of the transplant isn't as important as it used to be.

Myth 4: living donors face a long recovery

With the availability of today's minimally invasive surgical procedures for living kidney donors, the majority of donors are in the hospital for just 3 to 4 days, and are often recovered enough to return to work after 4 weeks.

We can help you and your advocate by:

Offering help and support with:

- Approaching and asking potential live donors
- By providing educational resources and through sharing knowledge and skills via six meetings. Each monthly two-hour meeting covers a different topic.

We can also support you if you need help with finding or asking someone to be an advocate for you.

Please contact:

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