





**Your family will always be involved**  
if organ donation is a possibility so it's  
important to discuss your decision.



**Do you and your family know what  
each other would want?**



**Here's some tips  
for having the conversation  
with loved ones.**

1

## Get the facts

Read up about organ donation on our website before you start.



2

## Find a talking point

Try talking about something you've seen on the news, or social media if it helps to get things.



3

## Relax

Have a chat while you're spending time together - over a cup of tea or on walk.



4

## Start gently

Let them know you've been thinking about organ donation and ask what they know.



5

## Help everyone engage

Use questions like 'What if I needed an organ transplant?' to help explore how people feel.



6

## Speak from the heart

Be honest and open and listen to each other - you don't have to agree!



7

## Involve the whole family

Encourage everyone in the family to find their voice. Even the young ones will have a view.



8

## Seek guidance

Faith and culture can play a big part in how people feel about organ donation. Speak with your faith leader if this might be helpful for you.



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## Go for it!

If you're always promising yourself that you'll bring it up another time... well, now is the time!



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## Find out more and record your decision

Once you've made a decision, get it on the NHS Organ Donor Register!

