



At the Organ Donation Awareness Trust (ODAT), we encourage people to talk freely about organ donation. Ultimately, it will be your family who makes the decision about organ donation for you, even though you may have registered as a donor on your licence. It is crucial that you talk to your family about your wishes, so they know what to do when the time comes.

Our goal is to make people aware of just how important it is to have this conversation. Whether you decide to donate or not, what matters is that you make the choice that is best for you.

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It's time to have **'The Talk'...**



Odat

Organ Donation Awareness Trust

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...the organ donation talk

What is it?

- Being an organ donor is as simple as telling your family your wishes.
- Marking 'donor' on your driver's licence is **not enough**.
- Informing your family is the **only way** to ensure your wishes about organ donation are carried out.
- You can tell your family which organs you wish to donate - you do not have to donate everything.
- Anyone can be considered as an organ donor. However, your age and medical condition will determine which organs are suitable for donation.

Why donate?

- Organ donation transforms organ recipient's lives beyond belief.
- There are many people in New Zealand needing organs, but very few donors.



What's next?

- Talk to your family - the decision to become a donor is not easy, but it can be even harder for families to make that decision following the death of a loved one.
- Log on to www.organawareness.co.nz and let us know that you've had 'the talk'.

✓ Yes!

I have had 'the talk' about organ donation.

It's your choice – make sure it's heard!

"Once I was informed about organ donation, it was a really easy decision to make".

"I wished we'd talked about organ donation before, now I will never know what Mark wanted".

"We both know what each other want in terms of organ donation - it's all part of our planning".

"My brother had told my mum how he felt about organ donation, so we didn't have to decide for him".

What can you do?

- Talk to your family about your wishes.
- Log on to www.organawareness.co.nz
- Tick the box on our website to let us know you've had the talk about organ donation, regardless of your decision.