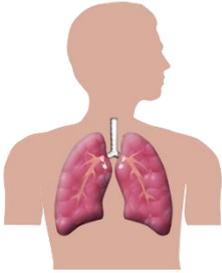


Organ and Tissue Donation: An Easy Read Guide

*This guide is made by My Life My Choice to celebrate
Organ Donation Week 2019*

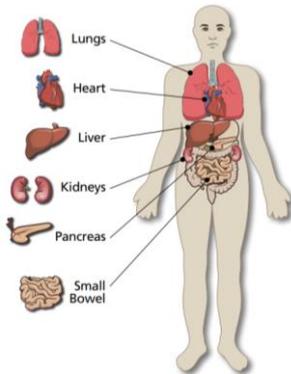
How donating works



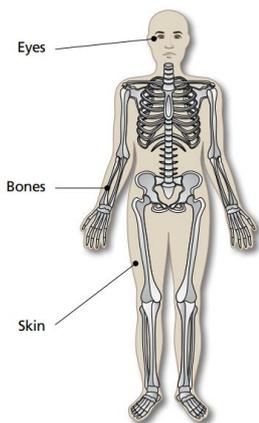
A person is made up of lots of different parts.



Some of these parts are called organs and some parts are called tissues.



Organs are parts of your body that are inside of you. This can include lungs, heart, liver, and kidneys.



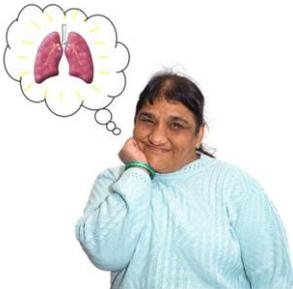
Tissues can be inside or outside your body such as eyes, bones and skin.



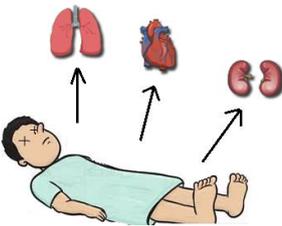
Organs and tissues are important for helping us to do things like see, breathe, eat and much more.



Lots of people have parts of their body that do not work well anymore. This makes them sick.



They need new organs or tissues to help them live a healthy life.



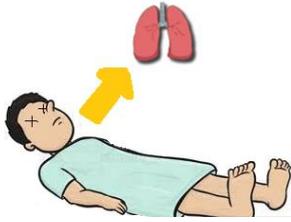
These new organs and tissues can only come from someone who has died.



When we die our body stops working and we cannot see or feel anything, and we cannot move anymore.



This means we do not need the parts of our body anymore.



When someone says that their organs or tissues can be donated, the organs and tissues they agreed to donate will be taken out of their body after they die.



They will then be put into the person who is sick in an operation in the hospital.



This is called a transplant.



Hopefully this will make the sick person better.

Why donate your organs?



You can decide if you want to give your organs and tissues to help other people once you have died.

It is important for you to think about whether you want to.



There are lots of reasons why you might want to donate:



1. You will help someone else live a healthy and happy life



2. There are lots of people who need transplants, but not enough people who have said they will donate.



3. One organ donor can save up to 8 lives!



4. You do not need your organs and tissues after you have died



5. You will still be buried or cremated as you wanted.



6. Your family and friends can still see your body before you are buried or cremated.

How to become a donor

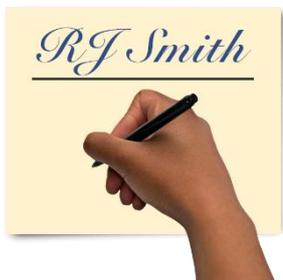


The NHS keeps a list of all the people who want to donate their organs and tissues and a list of the people who need new organs and tissues.

NHS
Blood and Transplant



This is the transplant service.



To donate your organs when you die, you need to sign up with the Transplant service.



You can ask your G.P or Pharmacist for a form.



You can sign up on the internet:
<http://www.organdonation.nhs.uk>



You can phone the organ donor register: 0300 123 23 23

Useful information



You can choose which organs and tissues you want to donate.



You can change your mind at any time.



It is important that you tell your friends and family if you want to donate your organs or tissues.



If you want to donate your organs and tissues after you have died you should write this into your Person Centred Plan.

My Life My Choice is a Self-Advocacy Charity for people with learning disabilities in Oxfordshire. Charity number: 107324

For more of our easy read visit www.mylifemychoiceorg.uk or call 01865 204214 to find out more.

