



WELCOME



Erase the Wait Training Will Begin Soon





Tools to Help You Find a Living Kidney Donor

Planning, Outreach, and Communication





Today's Session

Learn from Others

- Mentorship pairings

Spread the Word

- Practice sharing story

Make a Plan

- Communication plan
- Action plan





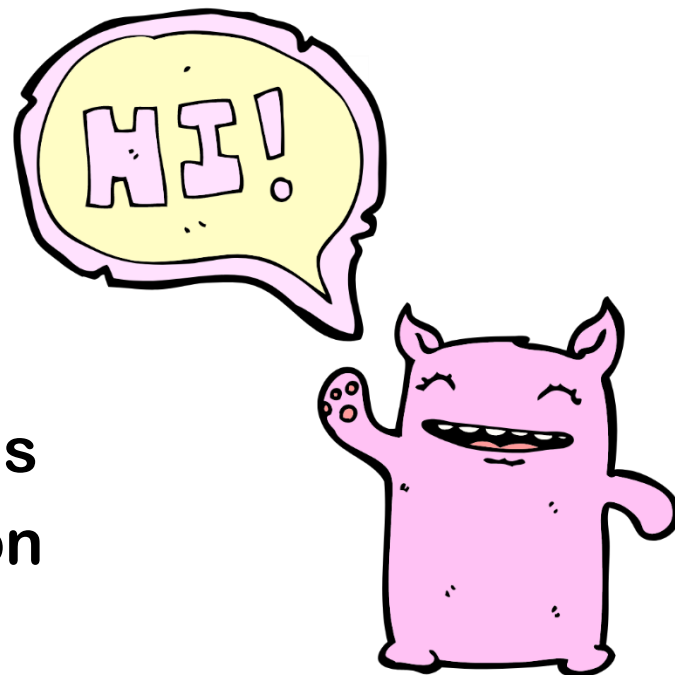
Brief Introductions

Mentors

- Name
- Where you live
- A bit about your experience as a donor or recipient

Mentees

- Name
- Where you live
- A bit about your current status
- Introduce your support person (if present)





Space for Review

Do you have questions from any of the trainings or things you want to share?





Set and Respect Boundaries

- **Respect each other's time**

- **Your mentor IS:**

- Someone who has been through the process
- Professional / trained
- A source of support in searching for a donor

- **Your mentor IS NOT:**

- A medical professional
- A therapist or counselor
- Financial support
- Your best friend





Mentorship Pairs





Sharing

Mentees:

What do you hope to gain by having a mentor?

How can your mentor best help you?

What do you look forward to discussing with your mentor?

Mentors:

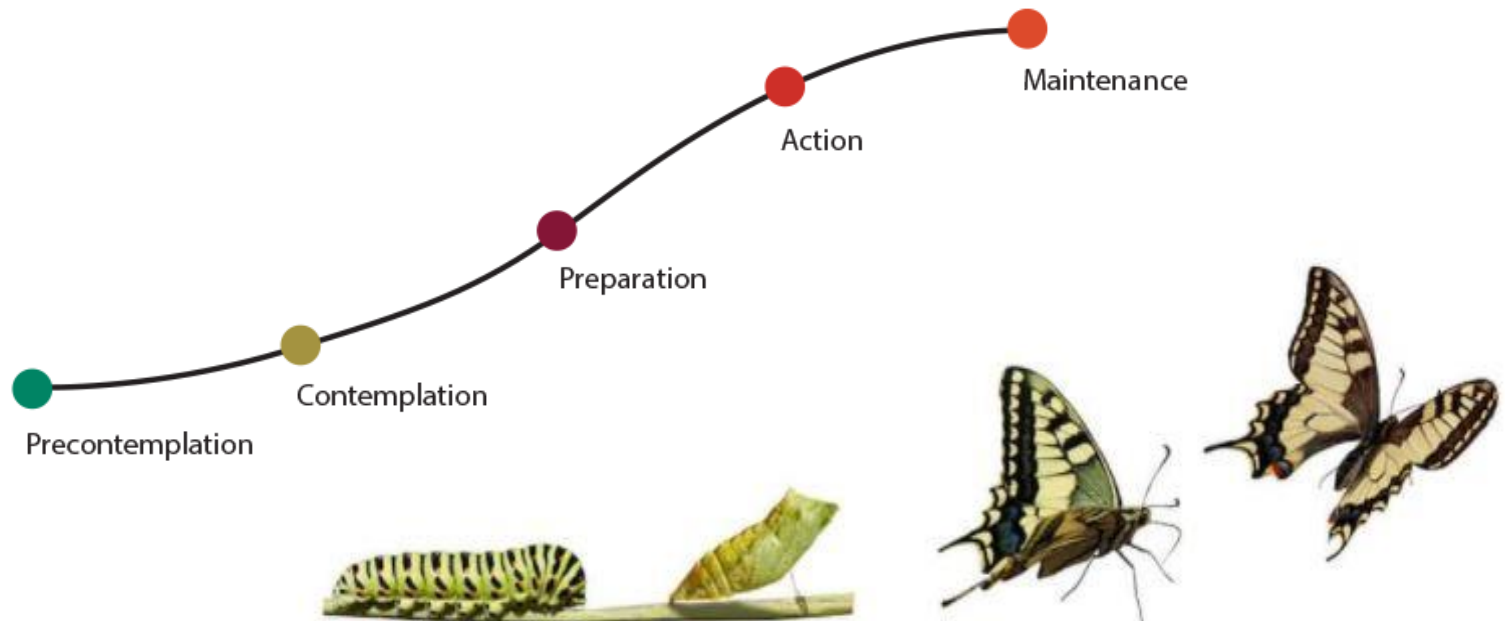
Why did you decide to become a mentor?

What do you hope to share with your mentee?



Self Evaluation:

Self-Care and Stages of Readiness Progress on Session 1 Goals





Sharing Your Story





Different Ways to Tell Your Story

- Elevator pitch
- Conversation
- Written form
- Public forum
- Presentation in front of a group





Elevator Pitch

- Establish credibility
- An introduction, not “closing the deal”
- Have multiple versions
- Film yourself for practice





Conversation

You're at a party and an acquaintance asks you how you feel. Instead of automatically saying that you're fine, be honest and mention that you are experiencing kidney failure and are currently looking for a living kidney donor.





Presentation

How would you share your story in a short prepared speech for gathered extended family, at a staff meeting, in front of your congregation, or at a club/association you are part of?

What kinds of questions do you think will come up? How can you prepare to answer them?





Short Written Blurb

In addition to speaking, a short written blurb can be used and adapted for a variety of purposes—billboards, business cards, t-shirts, etc.

Write a one to two sentence blurb that could be used for these purposes.





Go Over Letter with Your Mentor

Read your letter to your mentor.

(If you haven't written it yet, talk about your ideas and write an outline together.)

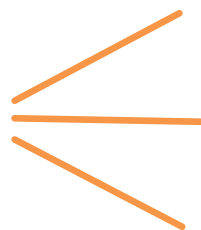
Mentors provide feedback on which parts are strong, ideas for improvement, what to add or cut, etc.





Spread the Word!

Don't be afraid to talk to your friends, family, faith center, work, school, and all over your community!



EMBRACE VULNERABILITY!



Make a Plan

Use the “My Action Plan” worksheet to come up with five actions that you will start off taking.

We’ve talked about a lot of ideas, so feel free to use some of the suggested ones or make your own!

Share with your mentor, then we’ll come back and share as a group.





Next Steps

Take Action

Follow your plan of action with your mentor

.....

Stay in contact

.....

Respect each other's commitment

Check-Ins

Initial Check in at 1-2 months via phone

.....

Phone check-in at 6 months

.....

Email survey check-in at 1 year

.....

Phone check-in and wrap-up at 2 years

Feedback

Fill out final survey ASAP

.....

Provide any feedback or concerns to Marissa, Hallie, or DLNW staff about the program or your mentor





More with Donate Life Northwest

Interested in volunteering?
www.donatelifenw.org/volunteer

Upcoming events:
www.donatelifenw.org/calendar

Erase the Wait Newsletter
Quarterly



Questions?

Contact:

Marissa Markintire
markma@ohsu.edu

Hallie Johnson
johnhall@ohsu.edu