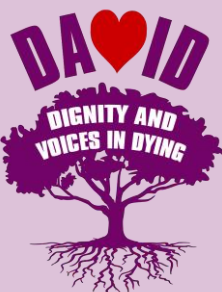


# Organ Donation Information Booklet



# What is in this booklet?



**Introduction**

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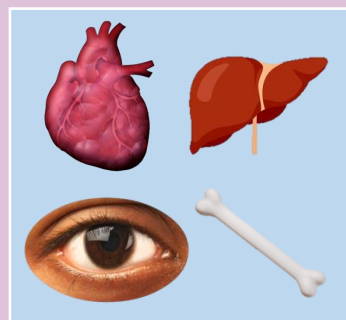
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**What can I  
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**Who can be  
an organ  
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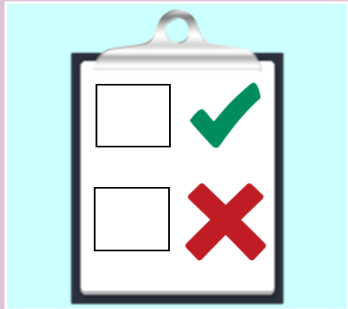
**12**



**Religion**

Page

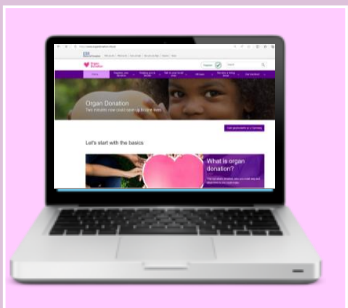
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# Opting in and Opting out

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# Registering Your Organ Donation Decision

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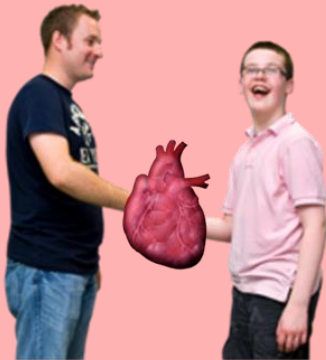
# The DAVID Project

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# Introduction



This booklet is about organ donation.



It is a part of a series of booklets that provide information about end-of-life planning.

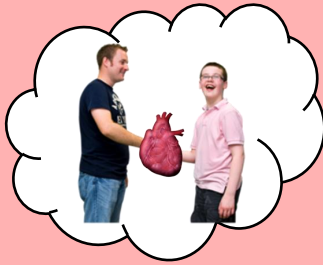


There are some words in this booklet that you may not know.

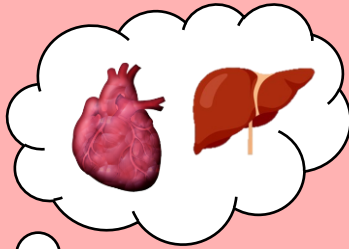
You can find the meaning of all the words in **Purple** in the **Important Words I Need to Know** section on page 22



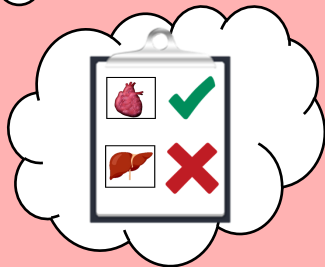
# This booklet will cover:



- What is organ donation



- What organs and tissues you can donate



- How you can register your decision



There is also an **Organ Donation Activity Booklet** on this subject that has a range of fun activities you can do if you would prefer a more interactive way of learning about Organ Donation.



You can find the resources you need for the activities within our **Organ Donation Resource Booklet**.



# What is Organ Donation?



Organ donation is when you choose to give your **organs** or **tissues** to someone else to help improve or save their life.



Most people who are organ donors agree to give their **organs** and **tissues** to others after they die.



As an organ donor, you can improve or save the lives of up to 9 people.



# Living donors



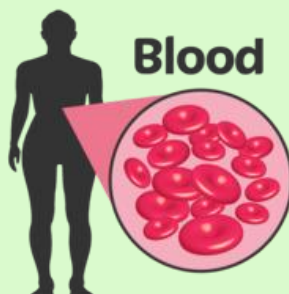
Some people may also choose to donate some of their **organs** and **tissues** while they are alive. This is called a **living donor**.



Living donors can only choose to donate **organs** and **tissues** that they do not need to survive, such as one of their kidneys or some of their blood.



Living donors, usually only donate their **organs**, such as a kidney or a part of a liver to people they know, such as close friends and family.



Living donors may choose to donate certain **tissue**, such as their blood to help more people.



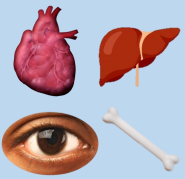
## Simon's Organ Donation Story

"Ever since I was born, I have had health problems. I was born with a hole in my heart and I had to have an operation to fix it. When I was older, my health problems continued.

I first noticed that something wasn't right when my legs starting to go red, so I went to see the doctor. They sent me for some tests, and they told me that I needed a new kidney. I was put on the waiting list; I was either number 96 or 97. They put me on **dialysis** at Broadgreen hospital until they had a new kidney for me. You can have **dialysis** in your neck, arm or stomach. I had mine in my arm at the hospital 3 times a week and I was also given some tablets. The dialysis made me feel funny and knackered. Everything went more red and so the doctor put me on more dialysis, I was having it 4 times a week.

Then I got the call at 3 o'clock in the morning that there was a kidney for me at The Royal hospital. We rushed to the hospital, and I had my kidney transplant. I didn't know my organ donor, but I got to meet their family. I still take tablets every morning and every night to make sure my body doesn't reject my kidney."





# What Can I Donate?



## Skin

Skin is the body's largest **organ** and is the body's first barrier against harm from the environment.



Skin can be donated to cover lost or damaged skin. It can help treat people with serious scars or burns.



## Bones

206 bones in the human body make up our skeleton which works to support and hold our body's together.

Bones can be donated to repair and rebuild damaged bones.



## Eyes

Eyes are organs of the **sensory nervous system** that allow us to see.

The Corneas from the eyes can be donated to help restore someone's sight.



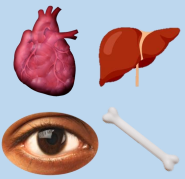
## Tendons

Tendons are a connective tissue that attaches our muscles to our bones.

The tendons can be donated to help rebuild someone's joints, such as someone's knees.



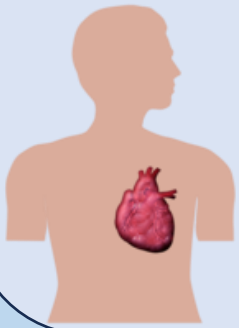
# What Can I Donate?



## Heart and Valves

Your heart is the **organ** at the centre of your **circulatory system**, pumping blood around your body as your heart beats.

The heart and valves can be donated to repair or replace someone's heart



## Arteries and Veins

Arteries and Veins are tubes of muscle that your blood flows. Arteries carry your blood away from your heart and around the body. The veins carry blood back to your heart.

Arteries and Veins can be donated to help repair problems blood circulation.



## Blood

Blood moves oxygen and nutrients around the body to keep it alive.

Blood is donated to treat critically ill patients who have lost a lot of blood either through an accident, surgery or childbirth.



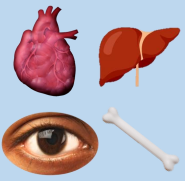
## Lungs

The lungs work with the heart to transport oxygen from the air we breath into the blood stream, around the body.

Lungs can be donated to save the life of someone who has end-stage lung disease.



# What Can I Donate?

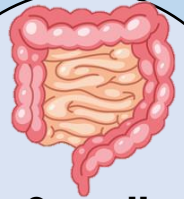


**Liver**

The Liver protects your body from toxins and breaks down medicines into a form that the body can use.



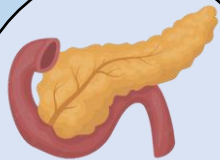
The liver can be donated to save someone who has liver failure.



**Small Bowel**

The small bowel absorbs the nutrients from the food we eat in order to keep the body healthy

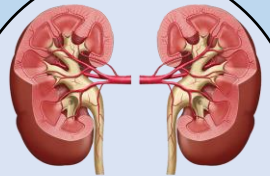
The small bowel can be donated to allow someone to switch from being drip fed to eating normally.



**Pancreas**

The pancreas releases insulin into the blood to control blood sugar levels.

The pancreas can be donated to treat people who are having serious complications from their diabetes.



**Kidneys**

The kidneys remove extra waste and water from the blood.

Kidneys can be donated to allow someone whose kidney no longer works to come off of dialysis.





# Who can be an Organ Donor?



Anybody can register their decision to become an organ donor.

Within the UK there is no age limit.



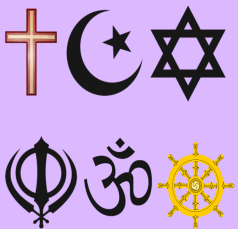
However, if you are under the age of 18 you will need your parents' consent.



If you have a medical condition, you still may be able to donate if you wish.

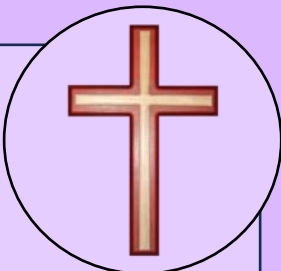


Healthcare professionals will make the final decision about whether or not someone's **organs** and **tissues** can be donated.



# Religion

## Christianity

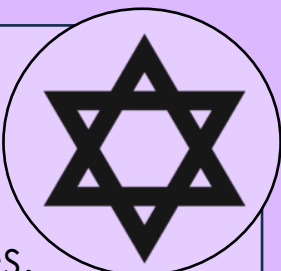


Christians support organ donation and believe it does not affect their relationship with God.



Organ donation is often considered by Christians as a gift and an act of love.

## Judaism

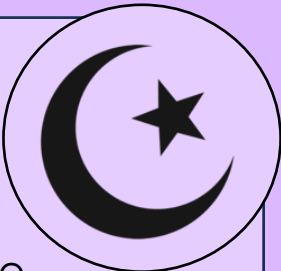


Judaism allows and encourages organ donation in order to save lives.



They believe that organs should not be removed until death is confirmed.

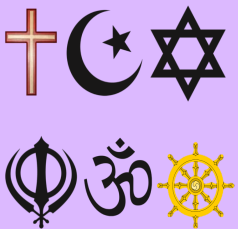
## Islam



Within Islam, organ donation is permitted as long as it is used to save or significantly improve the life of another.



They believe that organ donation is a personal choice and that individuals of the Islam religion should seek the opinion of a scholar.



# Religion

## Sikhi



Organ donation is encouraged within the Sikhi religion. It is not seen as taboo.



Sikhi's believe that organ donation is an act of '**Seva**' and is one of the greatest gifts.

## Hindu

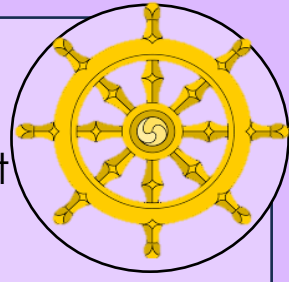


Hindu's encourage organ donation as a part of a selfless act of '**seva**'.



They believe that organ donation is the best form of donation any human can give.

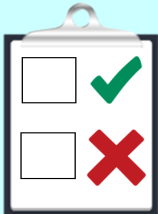
## Buddhism



Organ donation is encouraged as an act of generosity that relives suffering within the Buddhism religion.



They believe that organ donation is an individual choice and that guidance should be sought from senior teachers of the Buddhist religion.



# Opting in and Opting Out



The law around organ donation in the UK has changed.



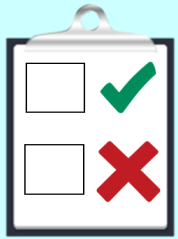
This is because a lot of people would like to donate their organs after they die, but do not always register their decisions or tell their loved ones.



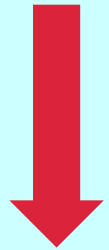
The change in law means that organ donation is now an **opt out system**.



The **opt out system** is where everybody in UK is automatically registered as an organ donor unless you opt out or you are a part of the excluded group.



# Who is a part of the excluded group?



18



- Anyone under the age of 18 in England, Wales and Northern Ireland



16



- Or anyone under the age of 16 in Scotland.



- People who do not have **mental capacity**.



- Visitors to the UK



- People who are not living in the UK voluntarily, for example, soldiers from another country who are serving in the UK.



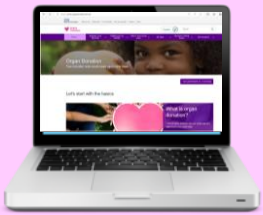
12



- People who have lived in the UK for less than 12 months before their death.



# Registering My organ donation decision



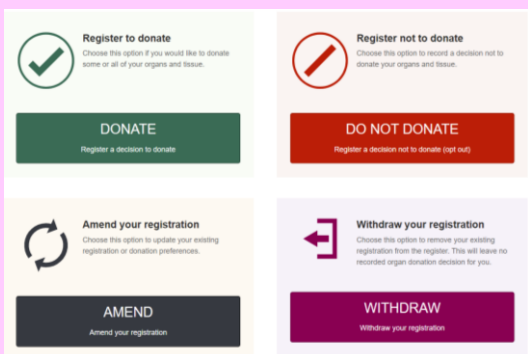
It is important that you register your organ donation choices so that you can choose what happens to your organs when you die.



It is also important to let your loved ones, such as your family and friends know about your decision.

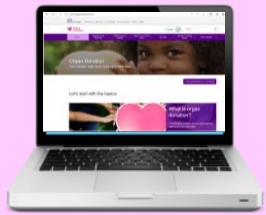


This is because your family will be asked to confirm your choices about organ donation when you die. Organ donation will not go ahead without the support of your family.



There are 4 different options you can choose when you are registering your decision. You can find out about your options on the next page.

# What are my organ donation choices?



## Donate (Opt In)



Choosing to donate means that you are opting in for organ donation. You should choose this option if you would like confirm that you would like to donate some or all of your organs and tissues.

## Do Not Donate (Opt Out)



Choosing not to donate means that you are opting out of organ donation. You should choose this option if you do not wish to donate your organs and tissues.

## Amend



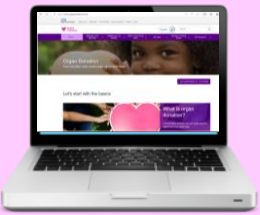
Choosing to amend your decision means that you can make changes to your decision. This means that you can change your mind about whether you want to opt in or opt out of organ donation as well as change your decision about what organs you wish to donate.

## Withdraw



Choosing to withdraw your decision, means that you are removing any choices that you have previously made about organ donation from the organ donor register. This is not the same as opting out, it only removes your choices. This means that you will go back to being automatically be opted in.

# How can I register my organ donation decision?



## **NHS App**

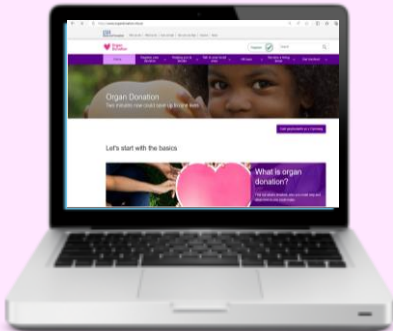
[www.nhsapp.service.nhs.uk/login](http://www.nhsapp.service.nhs.uk/login)



You can register your organ donation decision on the NHS App. This means that you can choose to confirm that you want to be an organ donor, choose which organs you wish to donate or opt out of being an organ donor.

## **Online**

[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)



On the NHS organ donation website, you can find out more information about organ donation, find out people's experiences of being an organ donor and register your decision, whether this is opting in, opting out, amending your decision or withdrawing your decision.

## **Phone**

**0300 123 23 23**



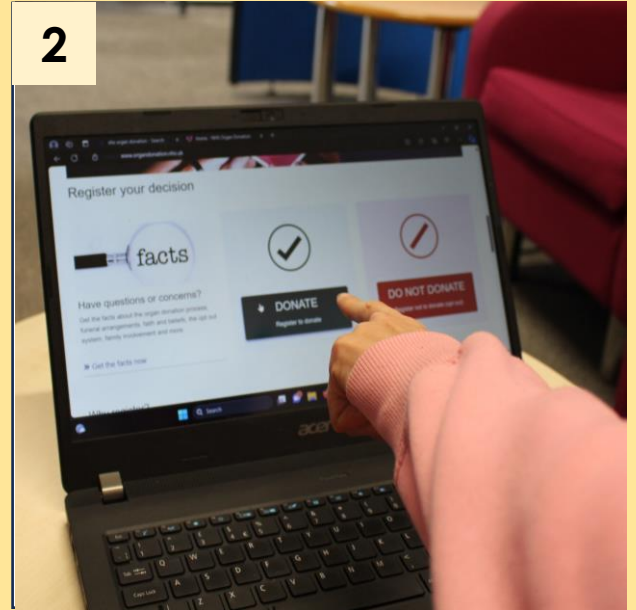
You can also register your organ donation decision by phone. Here you can talk to someone about organ donation who can help you understand your choices and register your decision.



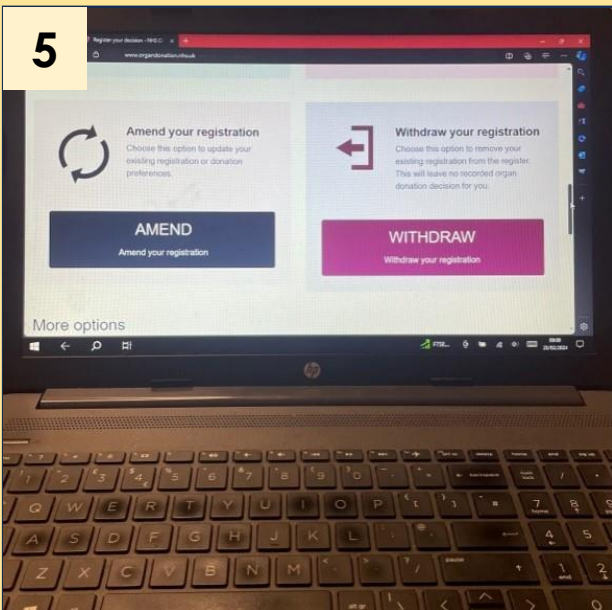
# Photo Story: Registering Our Organ Donation Choices



Lacey and Gemma were looking on the NHS Organ Donation Website to find out more about being an organ donor



Gemma decided she wanted to be an organ donor, so she chose the Donate option, which allowed her to pick which organs she wanted to donate.



Lacey and Gemma can change or remove their decisions from the NHS records by choosing the amend or withdraw options on the website

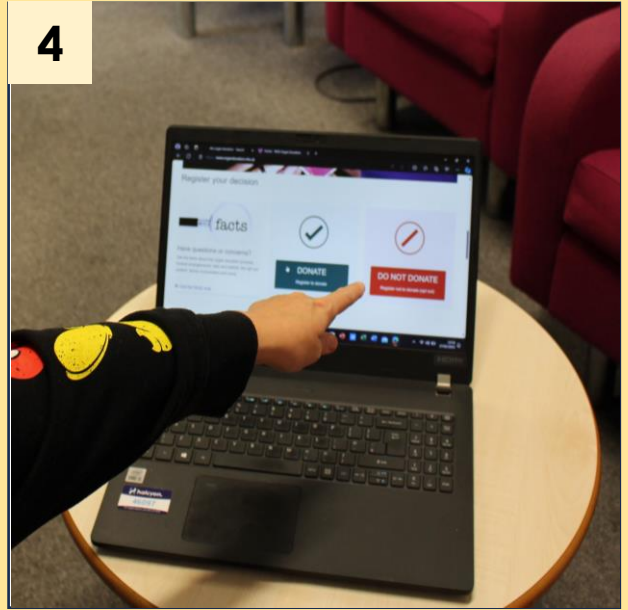


After registering their choices, Lacey and Gemma talked to their close friends and family to explain their organ donation decisions

A photo story can be a good way to explain how to do something by telling a story in words and pictures. This photo story shows how three friends make different decisions when registering choices about organ donation.



3



4

After she had registered to donate, Gemma was sent an organ donor card in the post.

Lacey decided she did not want to donate so she clicked on the do not donate option and this was recorded on the NHS Organ Donation Register.



7

I'm automatically opted in

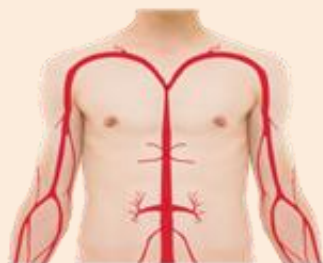
Their friend, didn't need to register their decision, because they were happy to automatically be opted in.



8

Gemma, Lacey and their friend are all happy because they have all made their own choices about organ donation.

# Important Words I need to know



**Circulatory System** is made up of blood vessels, such as veins and arteries. The blood moves through the blood vessels in order to carry oxygen, nutrients and hormones around the body.



**Dialysis** is a type of medical treatment that helps your body remove waste products and extra fluid from the blood when the kidneys stop working properly.



**Living donor** is when you agree to give your organs and tissues to someone else while you are alive.

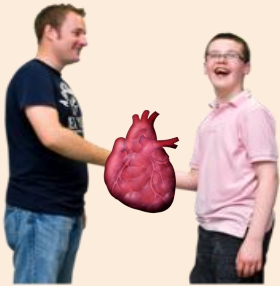


**Mental capacity** means your ability to understand information and make decisions about your life.



**Organs** are a collection of tissues that work together to perform a particular function in the body, such as your heart or your lungs.

# Important Words I need to know



**Organ donor** is where you agree to give your organs and tissues to someone else after you die.



**Sensory Nervous System** helps to transport sensory information from the environment to our 5 senses – taste, touch, smell, sight and sound.



**Seva** means selfless service, such as giving someone a gift.



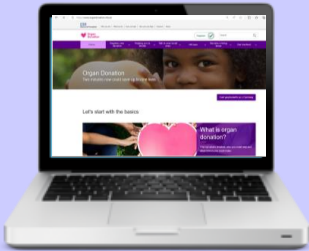
**Scholar** a person who is highly educated in something, such as a teacher.



**A tissue** is a group of similar cells that work together to perform a specific job, such as your blood.



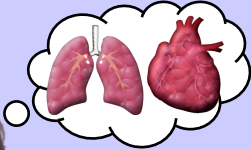
# More Information



## The NHS Organ Donation Website

[www.organdonation.nhs.uk](http://www.organdonation.nhs.uk)

## What Can You Donate?



[www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/what-can-you-donate](http://www.organdonation.nhs.uk/helping-you-to-decide/about-organ-donation/what-can-you-donate)

## Living Donors



[www.organdonation.nhs.uk/become-a-living-donor](http://www.organdonation.nhs.uk/become-a-living-donor)



## Religious Beliefs about Organ Donation



[www.organdonation.nhs.uk/helping-you-to-decide/your-faith-and-beliefs](http://www.organdonation.nhs.uk/helping-you-to-decide/your-faith-and-beliefs)



## Personal Stories

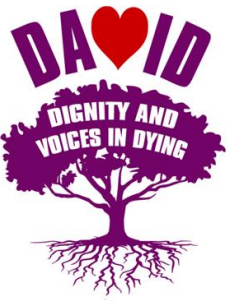
[www.organdonation.nhs.uk/helping-you-to-decide/personal-stories](http://www.organdonation.nhs.uk/helping-you-to-decide/personal-stories)



## Podcast

<https://open.spotify.com/episode/3qYVpO5zO64jrWHKs2HLCQ?si=a6de7aa268cb4868>

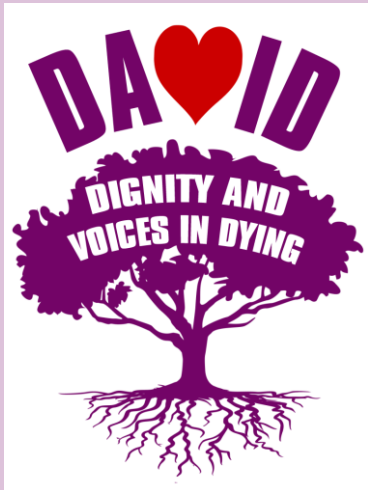




# The DAVID Project



Thank you for picking up this booklet about organ donation!



This booklet was made by the members of The DAVID Project.



The DAVID project is run by the members of People First Merseyside, a self-advocacy organization for adults with learning disabilities and/or autism.



The DAVID project started after a member named David Morley passed away.



David hadn't made any end-of-life plans and had no close family.



Because of this, the members of People First Merseyside all got together to work out how to give David the send-off he deserved.



During the process, the members came to understand how important it is to have an end-of-life plan in place before you pass away.



They also realized that death, while the topic can be scary, is an important subject that is tied to life and should not be ignored.



The DAVID project's goal is to make the topic of death not as morbid and more comforting to talk about and to encourage others to put plans into place in case the unexpected happens.

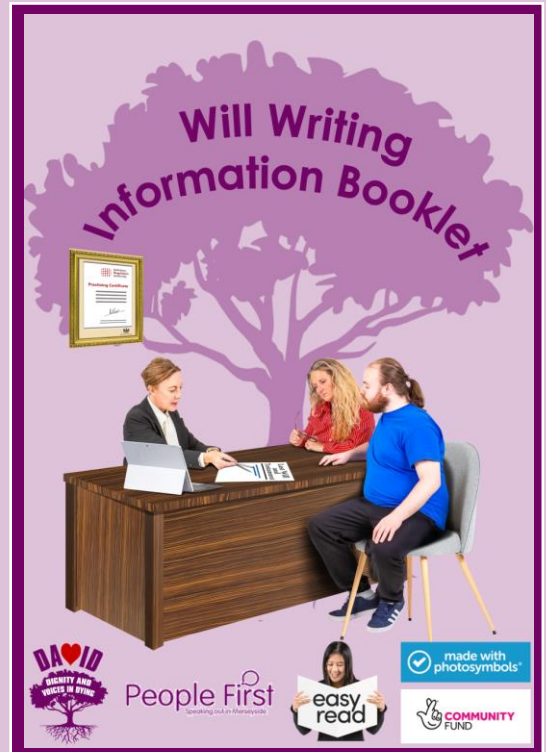


It's also to make information about making end-of-life plans more accessible to the public, including people with learning disabilities and/or autism.

# If you liked this booklet, you may also be interested in one of our other booklets such as ...


Will Writing Booklet

Funeral Planning Booklet



## To find out more look on our website or give us a call:

 [www.peoplefirstmerseyside.co.uk/](http://www.peoplefirstmerseyside.co.uk/) 

 0151 329 2137 