

A Guide for Parents: Navigating Organ and Tissue Donation with Your Children

Support from DonateLife and NDFSS

Organ and tissue donation is a deeply emotional experience. The National DonateLife Family Support Service (NDFSS) provides compassionate support for Australian families navigating this journey. This guide will help you understand the services available and how to discuss donations with your children in an age-appropriate way.

What is the National DonateLife Family Support Service (NDFSS)?

NDFSS offers tailored emotional, practical, and psychological support for families of organ and tissue donors. This service helps families through the decision-making process, grief, and healing, offering continuity of support, whether the donation proceeds or not.

How NDFSS Supports Families

- **Hospital Support:** Emotional support begins in the hospital, helping families make informed decisions about organ donation.
- **Follow-Up Support:** After donation, families are offered updates and counselling to ensure they feel supported through their grief journey.
- **In-Reflection Booklet:** This booklet provides resources and reflections on grief, helping families navigate their emotions.

The In-Reflection Booklet offers insights for families who have experienced organ and tissue donation, providing valuable resources to support the grieving process. It includes reflections, emotional guidance, and practical support during this difficult time. To view the full booklet, visit [here](#).

Talking to Your Children About Organ Donation

Talking to children about organ donation can normalise it as a compassionate, heroic act. Children can understand it in different ways depending on their age.

Examples & Scenarios:

- **Scenario 1 (For Older Children):** "Imagine someone in your family made the brave decision to donate their organs after they passed. This gives another family the chance to have their loved one live again. It's a hard decision, but it can save so many lives."
- **Scenario 2 (For Younger Children):** "When someone is very sick, sometimes their organs can be given to help others. It's like being a hero and helping people when they need it the most."

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How DonateLife Can Help:

- **Counselling & Emotional Support:** NDFSS provides grief counsellors and resources to help parents manage difficult emotions after the loss of a loved one.
- **Service of Remembrance:** Families are invited to annual remembrance services to honour donors and find support from others who share similar experiences. This can be an opportunity to involve children in remembering a loved one's gift.

Organ and tissue donation is an extraordinary act of kindness and heroism. With support from NDFSS, families can navigate grief and loss, turning donation into a powerful conversation that promotes empathy and understanding in children. Remember, DonateLife is here to help every step of the way.

To explore additional resources and support for families involved in organ and tissue donation, check out these helpful links:

- **DonateLife:** Access valuable support and services for donor families [here](#).
- **National DonateLife Family Support Service:** Learn more about their support services [here](#).
- **Feedback from Families:** Read insights from families about their experiences [here](#).
- **In-Reflection Booklet:** Explore the booklet for emotional support [here](#).
- **Counselling Support Services:** Access information about counselling support [here](#).

