



## Living Kidney Donors Network Workshop Overview

The primary goal of the workshop is educate individuals about living kidney donation and prepare them to effectively communicate their need to family members and friends. The workshops are also for someone who wants to help the person in need, an advocate - who can reach out on behalf of that person. They can often be more effective than the person who needs a transplant in expressing their friend or family members' situation.

The following offers a few highlights of the approach taken in the Workshop:

- The workshop is not your traditional classroom lecture - but an interactive program offering personal attention, interactions and practice time for the participants. The class is limited to 15, so we can reinforce our message and have everyone share their concerns and participate in the process. Everyone quickly realizes that they have a lot in common and can learn from one another.
- We kick off the program with an exercise that seems to be a basic “ice breaker” and typically develops into one of the more meaningful aspects of the workshop. When paired up with another participant to learn about the other person’s greatest challenges about pursuing a living kidney transplant, they often learn more than they thought they would and quickly develop a personal bond. This illustrates how fast strangers can form a “connection” and we demonstrate how this will help them pursue the living donor transplant option.
- In the Communication section of the workshop, participants discuss what is often their biggest concern, “asking someone to donate”. Coaches reinforce the concept of “telling your story” rather than “asking” someone to donate. Suggestions are made on how to overcome concerns that they’ve expressed. This recognized adult-learning model enables self discovery and heightened retention. We also do some small group role play and practice. For some, this is the first time they’ve ever spoken about their need for a kidney transplant. When the workshop ends, instead of quickly leaving, people stay to talk and share more of their experiences – and we can see the immediate benefits of an open discussion about their own personal issues.
- Attendees can refer to the LKDN Resource Guide. The Guide provides detailed information about living donation. When a workshop is offered by a hospital, the Guide is customized to reflect that hospital’s transplant program. The workshops are led by recipients and donors. They have valuable first-hand experience and are the most appropriate ones to convey this information.

By the time participants leave the 2 ½ hour workshop, they are informed, empowered and inspired to pursue living donation.