

THE OTS MENTOR PROGRAM WELCOMES MENTEES!

By Irene Faith Purdie

The [OTS Mentor program](#) is for someone that's:

- ◆ **Waiting for a transplant**
- ◆ **Considering being a living donor**
- ◆ **Is a care partner for someone waiting for a transplant**
- ◆ **Had a transplant in the last few years**
- ◆ **Received a transplant years ago**
- ◆ **Is that someone you?**

In all stages of the transplant journey, there are times when we all need someone to talk to that “gets it”. Sometimes things change in life that directly or indirectly impact our transplant journey. During those times we may find ourselves wanting to talk to a person who understands the unique transplant factor that impacts our lives.

3 BENEFITS YOU GET WHEN YOU SIGN UP TO BE

1 MATCHED WITH A MENTOR

Someone Who Understands

Listening to your doctors is of course always the best thing to do. Doctors have the medical training and experience to guide you through your transplant journey. However, no matter how much they empathize with you, most likely they have not been in your shoes. They haven't felt what you are feeling physically or emotionally. A mentor has that relatable personal experience. If you're waiting for a transplant, or are the care partner for someone waiting for a

2 transplant, we have mentors who have traveled that road too.

A Different Perspective

Sometimes we get in our own heads too much and need a sounding board. A tuned-in ear that may have a different perspective can help at any stage of our transplant life.

If you're a new transplant recipient there's so much to navigate, and what could be better than having a seasoned veteran to turn to for some direction.

3 If you've had a transplant for awhile, but finding your journey is more challenging as you age, we have mentors who understand that too.

A Program That Works For You

You and your mentor set the tone. Call, text, zoom whenever it's mutually convenient. Meet monthly, or quarterly if you like. Talk about the challenges of being on medication or tips for traveling. Just know you'll have someone reachable that can relate to many of the challenges you're facing as part of the transplant community



Need a Mentor?

Just fill out a short form at the OTS website

<https://www.organtransplantsupport.org/mentor-program>

under “Request a Mentor”.