

WHY ALTRUISTIC
DONOR **GORDON
RUTTY** IS TAKING ON
THE CHALLENGE TO
WALK 900KS FROM
THE GOLD COAST TO
SYDNEY...



WALK
to end the wait
Supporting Transplant Australia & organ donation

'I can't quite remember when I started thinking about donating my kidney; it was probably some 25 years ago. From when I first became aware of the possibility, I remember thinking, 'wow, wouldn't that be an awesome thing to do'. I have always been a healthy person and believed that I could do it.

I lost a close friend to a brain tumour nearly 20 years ago and I promised myself I would do something in honour of him. Well, time passed by and life got in the way and I did nothing. Then ten years ago I lost another close friend, this time to cancer, and I said to myself that I had to stop wasting time. There was nothing I could have done for Joshua's brain tumour or Craig's cancer, but I could give someone a better life or even save their life with the gift of my kidney. I would do this in honour of my friends.

It took some time to find the most compatible recipient and when the time came I was very excited. I was admitted to hospital on the Tuesday, I awoke in the early hours of Wednesday morning thinking to myself this is the most rewarding day of my life. The transplant was a success, the recipient's body accepted my kidney and I was told that they were doing really well.

It was through this journey, that I came to realise how many people are on a waiting list for a lifesaving organ transplant, not just how many, but the time they have to wait, living not so great a quality of life.

The saddest part is that two people die every week waiting. It has become my burning desire to see the waiting end.

The aim of Walk To End The Wait, is to increase the awareness of the need for Australians who have a desire to donate their organs, to have

a conversation with their families, and register themselves. Only one in three Australians are registered donors despite the majority (69 per cent of Australians) believe that registering is important.

There are around 1,650 Australians currently waitlisted for a transplant and more than 12,000 additional people on dialysis — many waiting for a kidney transplant.

Now more than ever, we need more Australians to say "yes" to organ donation.' Please support my walk. It starts in June. I might even see you out there!

About transplant australia



Our Vision

Committed to promoting organ donation and improving the quality of life of all Australians on their transplant journey.

The Challenge

Across Australia more than 1,600 people are waiting for a life-saving transplant. Their future depends upon someone else giving the gift of life.

Australia's rate of organ donation has improved remarkably over the past 10 years – but still there is more to be done.

We need to encourage all Australians to register as donors and tell their families of their decision. Registering is the clearest commitment you can make to saving others.

How Transplant Australia helps

Transplant Australia is the national community voice for promoting organ donation and supporting Australians through their transplant journey.

Maximising the number of Australians registered as organ donors is the most direct way that Transplant Australia, a non-government charity, can help increase access to transplantation for Australians needing a life-saving transplant.

Equally, we lobby governments for improvements to organ donation so it is accepted as a natural part of end-of-life care. We need to ensure any Australian who wants to donate is afforded that opportunity and that means making sure donation is a fundamental part of our health care system.

We also help transplant recipients transition back into a full and active life. Whether it is through our Living with a Transplant program, advice at the end of the phone line or support from other recipients, our goal is to support people when they need it most.

Receiving a transplant is an important treatment option in an ongoing journey.

We are here to help with advice and support leading up to a transplant, on leaving hospital, living with a transplant and adjusting back to life.

We celebrate the gift of life and thank donors through staging events including the Australian Transplant Games and sending a team to the World Transplant Games.

While all of this is occurring at a national level, our states and special interest groups are fulfilling a very important need at the grassroots. Activities to bring recipients and their families together so they can share their experiences, seek advice and socialise are crucial to helping recipients understand they are not alone. In fact they are part of a family celebrating and making the most of life.

Our Programs

Transplant Australia undertakes a range of programs to fulfill its mission:

- ✓ Stages the Australian Transplant Games every two years and manages the Australian team participating in the World Transplant Games

- ✓ Provides valuable information and education to our community through our Living with a Transplant and Transplant Active Programs. We coordinate important advice for recipients on health issues such as the Coronavirus Pandemic
- ✓ Works with the Organ & Tissue Authority, DonateLife and other great causes like Saffron Day and Jersey Day to promote donation to the public
- ✓ Works closely with living donors to provide support and recognition for their generous gift
- ✓ Celebrates the generous donations made by donors and their families
- ✓ Actively speaks to the media on organ and tissue donation and transplantation issues and lobbies government to improve donation

How you can help

- ✓ Register as a donor at donatelife.gov.au
- ✓ Inform your family and friends of your decision
- ✓ Support Transplant Australia so we can help recipients along their transplant journey and get back to life



Transplant Australia Ltd
National Office



p. (02) 9922 5400

Freecall: 1800 827 757

e. contactus@transplant.org.au

w. www.transplant.org.au

