



## Talking to Your Family

# Body Donation Conversation Kit

A Guide to talking to your loved ones about your decision to become a whole body donor.

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## Do I Need to Talk to My Family About Donation?

We spend much of our lives planning for major life events; graduation, weddings, the birth of a child, or retirement. Yet many people in America don't plan for their final disposition. According to the 2017 National Funeral Directors Association (NFDA) Consumer Awareness and Preferences Survey, only 21.4% of respondents have prearranged their own final arrangements.

Talking about death is never easy. It's natural to think that the topic might be upsetting to your friends and family. However, people who have the conversation and know what their loved one wants in advance are better prepared to face that difficult time. And, they can do so with the peace of mind of knowing that they truly honored what your wishes were.

Your family will play an integral role in the body donation process; they will be the ones to contact MedCure at the time of your passing, provide valuable medical information, and make any needed updates to your registry information. It's vital to ensure that your loved ones are aware of and support your decision to become a whole-body donor. The best way to make this happen is to talk to them ahead of time. While MedCure can't make the conversation an easier one to have, we can help you prepare in order to ensure your discussion goes as smoothly as possible.

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## Preparing for the Conversation

The first step is to ask questions, get answers, and be certain you understand the MedCure program. We're more than happy to answer your questions or send you some of our information brochures, and we're available to you 24-hours a day, 365 days a year.

## Contact Us



**Email:** [info@medcure.org](mailto:info@medcure.org) | **Phone:** 1-866-560-2525 | **Online Chat:** [medcure.org](https://medcure.org)



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## Planning for the Conversation

Next, you'll want to ask yourself the following questions to help you decide how to structure your conversation:

### Who needs to know your plans?

- Family members to include?  
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- Designated Health Care Agent listed in your Advanced Directive or Power of Attorney?  
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### When is the best time to have the discussion?

- The holidays?
- Around your birthday or anniversary?
- At an upcoming family gathering?
- Other?  
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### Where should you have your talk?

- At home, in familiar surroundings?
- At a coffee shop or restaurant, somewhere neutral?
- In your loved one's space, where they're most comfortable?

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### What information do you need to cover?

- What are your wishes? Why is donation important to you?  
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- What arrangements have already been made?  
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- What are your bottom-lines? Where are you willing to compromise?  
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## Talk it Out

- Relax. You're opening a dialog. Nothing is set in stone, and the conversation can be ongoing.
- Make notes to help you remember what you want to cover. If you anticipate questions, being prepared with answers you can refer to can help you feel more comfortable.
- Be honest about what you want and be willing to listen to what your loved ones want for you.

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## Revisit

- Your feelings might change. Your loved ones' feelings might change. Circumstances may evolve. Circling back to the conversation might lead you to revise your wishes, or it might reaffirm them. Either event is natural and acceptable.
- If you forgot to cover something, don't look at it as a mistake. Try to see it as an opportunity to keep the dialog open. This is an important issue, but it doesn't have to be a chore. It can be a way to bring you closer to your loved ones.