



# Transplant Caregivers

Before you can begin the transplant journey at UPMC, you must identify a caregiver, or team of caregivers, to assist you along the way. Your caregiver will need to attend appointments, provide transportation, and help you with daily activities before and after your transplant.

## Who Can Be Your Caregiver?

A caregiver can be anyone in your life who is willing and able to help you before, during, and after transplant. They will need to be by your side throughout the entire transplant process, so be sure to ask someone who is reliable and able to take on this task. Caregivers may include:

- **Family members**
  - > Spouse
  - > Siblings
  - > Adult children
  - > Cousins
  - > Aunts/uncles
- **Friends**
- **Neighbors**
- **Anyone else who wishes to help**

Private duty caregivers are not approved as caregivers for transplant recipients.

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## The Role of a Transplant Caregiver

Caregivers are essential to the transplant process. Without a caregiver, you will not be able to move forward with the pretransplant evaluation. A caregiver is responsible for:

- **Accompanying you to all scheduled appointments during the weeklong outpatient transplant evaluation**
- **Meeting with the transplant team**
- **Participating in the pretransplant education class**
- **Providing transportation to and from all appointments**

Following a transplant, you will need a caregiver with you 24 hours a day. You must remain within 1 hour of UPMC for at least 2 to 3 months after your transplant and your caregiver must stay with you. During that time, the caregiver will need to:

- **Monitor your recovery and notify the transplant team at UPMC of any complications**
- **Attend all follow-up appointments**
- **Provide transportation to and from all follow-up appointments**
- **Assist with daily chores/activities**

Given the demanding role of a caregiver, it is recommended that you identify more than one person to help you for the first few months after your transplant.

## Finding a Transplant Caregiver

If you do not have a caregiver identified, start by talking to your close family members and friends. Share your story and let them know that you need help. Before someone agrees to be your caregiver, be sure to educate them on the role of a caregiver and your expectations so they fully understand their duties and are up for the job.

## Contact Us

To learn more, please visit [UPMC.com/Transplant](https://www.upmc.com/transplant) or call 412-648-6202.