



LUNG TRANSPLANT FOUNDATION JOSEPH J. CARTER®

Mentorship Program

**FOR PATIENTS
AND CAREGIVERS**



The Lung Transplant Foundation Joseph J. Carter Mentorship Program was founded to provide support to patients and caregivers throughout the lung transplant process. Whether you are a patient or a caregiver, having someone to talk to who has walked this path before you can help to ease uncertainties and provide hope for the future. Our trained Mentors are passionate about encouraging those going through a lung transplant to be better able to handle the demands of this journey. Well-supported patients and caregivers lead to greater success for everyone.

Now, you have a place to turn for support!



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The Lung Transplant Foundation (LTF) is a national nonprofit organization that improves the lives of lung transplant patients and their families through research, education, advocacy and Mentorship.



Our Mission:

To provide confidential, compassionate, one-on-one support for lung transplant recipients and their caregivers at all stages of lung transplantation through personal contact with a trained Mentor

Our Purpose:

Sharing specialized knowledge and support gained from experience

Intended Benefits:

Knowledgeable, well-supported recipients and caregivers are calmer and better able to handle transplant demands

Well-supported lung transplant recipients and caregivers may improve overall compliance and success

We offer guidance to patients and caregivers from transplant centers across the country. In some cases, we are the exclusive provider of peer-to-peer support for lung transplant centers. We match Mentees with Mentors by commonalities: disease, age, and transplant center, when possible.

We help individuals gain confidence while facing transplant-related challenges by:

- Connecting with someone who has experienced what you are going through
- Gaining insight about the transplant process and how best to be successful
- Providing support for those experiencing BOS or chronic rejection
- Sharing concerns and expressing difficult feelings
- Tailoring Mentorship to your needs and expectations
- Providing resources
- Offering a monthly support group for our Mentees

Joseph J. Carter's Legacy



When Joe Carter was diagnosed with Mounier-Kuhn Syndrome and was waiting to be listed for a lung transplant, he looked for a program to connect him with other people going through a similar experience. There was none.

Joe died at age 38 from congenital lung failure before being listed for transplant. He envisioned a mentorship program and hoped for the development of new procedures that would better ensure transplant success. Joe's wife, Shari, and their sons Zachary and Aiden, are helping fulfill Joe's dream by sponsoring the LTF Mentorship Program.

*Everyone's lung transplant experience is different.
We consider it a privilege to support you during this journey.*



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What our team members are saying...

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“The lung transplant process is such a long and difficult one, it is important for recipients to receive support from those who have gone before them. Many former transplant patients have experiences even the medical teams haven’t discovered. The mentorship program provides support and an important experiences check for those who have been given a second chance at life.”

— Grey Hall, LTF Mentee

“I was a Mentee before signing up to be a Mentor. This was such a blessing in the early stage of my post transplant recovery. Just knowing my Mentor is also a lung transplant patient was even more comforting. My Mentor was a gifted listener! I feel blessed to be involved with such a wonderful organization like LTF. Thus, I’ve decided to take on a Mentor role and give back.”

— Maqsuda Kabir,
LTF Mentor/Former Mentee

“I just want to extend my gratitude for being a part of this transplant mentorship program. It has been so beneficial to me prior to my transplant and since my transplant. I would highly recommend to anyone thinking about going through this process, to get connected with this mentorship program so you can talk to somebody who knows your story and can truly relate to you.”

— Kate Perry, LTF Mentee

“If anyone is going through the process of needing a transplant, I would recommend having a mentor. The Lung Transplant Foundation is a great avenue to help someone find that person who can help them navigate through their transplant journey with a sense of confidence, knowledge, and tranquility.”

— Jennifer McFarlane, LTF Mentee

“It has been an incredibly rewarding position. I’ve thoroughly enjoyed getting to know my mentee and her family, cried when she got “the call”, and marvel at how well she is doing. She started out nervous and scared and has become very strong and confident. This is the best decision I’ve made since my transplant.”

— Karen Carlson, LTF Mentor

“The mentoring experience has provided me with the opportunity to support my mentee before and after her transplant, both through joyous and through challenging times. I remember from my own transplant journey how comforting it was to have someone to talk to who had “been there.” It’s one way I can show my gratitude for the gift of life I’ve received. We have developed a friendship that will last a long time!”

— Nancy Lee, LTF Lead Mentor

“Mentoring means, I get to be there for others, at a crucial time when support is so important. It brings me joy to help others through my experiences as a lung recipient.”

— Tammy Robinson, LTF Mentor

What new Mentors have to say...

“Thanks for the time invested in educating me to help pay it forward to others on their journey of a lung transplant with a place to share resources.”

“I’m very honored to be part of this foundation. It was an extraordinary experience being connected all at once with people that all share the same experience. Looking forward to meeting my first mentee.”

“This is the first time I have had a chat with other transplant recipients. I was pleased to hear of monthly mentor calls which will complete a loop for me. What others are experiencing will be key for my own growth.”



Frequently Asked Questions:

How long has the Lung Transplant Foundation been in operation?

The Lung Transplant Foundation was formed in 2009.

When did the Mentorship Program begin?

The Joseph J. Carter Mentorship Program launched in 2017.

What is the cost for participating in the Mentorship Program?

The Mentorship Program is free of charge and is available to lung transplant patients (any stage) and caregivers of lung transplant patients.

What are the qualifications to become a Mentor?

To become a Recipient or Caregiver Mentor you must...

- be at least 12 months post lung transplant
- complete online "Become a Mentor" application
- be referred by a member of your transplant team
- complete an on-boarding phone interview
- finish all necessary paperwork prior to training
- successfully complete a 2-hour conference call Mentorship Training

How are Mentors trained?

Mentor trainees participate in a live two-hour webinar conducted by the Mentorship Program Manager, LTF Executive Director, and Lead Mentors. In addition, they are provided with a Program Manual. Included in the training are confidentiality requirements, how to connect with and support the Mentee, listening skills, role-playing scenarios, and how to respond to "red flag" situations.

How are Mentors expected to initiate contact and communicate with their Mentee?

Initial contact is encouraged to be made by phone. However, Mentors are trained to communicate with their Mentees as is mutually agreed upon. Contact varies greatly based on the type (email, text, calls) and frequency of communication, depending on the Mentee's needs. The individual Mentor establishes the boundaries for their personal availability (e.g., time of day, weekends, etc.).

Do your Mentors give medical advice? What happens if a person asks medically-related questions?

We emphasize throughout training that Mentors are to never offer medical advice. If questions of a medical nature arise during Mentor-Mentee contact, our Mentors are instructed to direct the Mentee to their physician or a member of their transplant team.

JANICE SUTTON

LTF Mentorship Program Manager
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Are Mentors required to keep the relationship with a Mentee strictly professional or may it be more casual if a friendship develops?

It is up to the Mentor to establish the boundaries and set the limits for personal interaction. As long as both parties mutually agree to a more personal friendship, LTF does not impose any restrictions between the Mentor and Mentee. A Mentor has the right to find a compassionate way to decline an overture of friendship from a Mentee.

What sets our Mentorship Program apart from other forms of support lung transplant patients can receive?

Our trained Mentors provide personal, positive, reliable, and confidential support. Mentors have access to a wide variety of resources gathered from professional experts as well as from the collective experiences of the Mentors themselves. Mentees with peer-to-peer support often demonstrate overall improved compliance and success.

Are you ready?

Request a Recipient Mentor:

<https://lungtransplantfoundation.org/recipient-mentor-request/>

Request a Caregiver Mentor:

<https://lungtransplantfoundation.org/caregiver-mentor-request/>

Become a Mentor:

<https://lungtransplantfoundation.org/become-a-mentor/>