

## **Resources**

*For liver transplant patients, caregivers, and donors*

The resources listed here provide information that may be helpful to liver transplant patients, their caregivers and families, and living donors.

Please note that some internet sites may not have accurate or up-to-date information. Your doctor is the best person to answer your questions. Read sources that interest you, but rely on your doctor for medical decision-making.

### **Information and Support**

#### **American Liver Foundation**

The mission of this organization is “to facilitate, advocate and promote education, support and research for the prevention, treatment and cure of liver disease.”

*www.liverfoundation.org*  
800.GO.LIVER (800.465.4837)  
75 Maiden Lane, Suite 603, New York, NY 10038

#### **Medscape**

This website contains information on a wide range of medical conditions and procedures, including liver disease and transplant.

*www.eMedicine.com*

#### **National Foundation for Transplants**

The foundation’s goal is “to ensure that transplant patients are given every opportunity to fully enjoy the gift of life.” They offer fundraising help and guidance.

*www.transplants.org*  
800.489.3863  
Email: [info@transplants.org](mailto:info@transplants.org)  
5350 Poplar Avenue, Suite 430,  
Memphis, TN 38119



*Always check with your doctor about any information that you read online about liver transplant.*

### **Organ Procurement and Transplantation Network**

This organization provides a link between healthcare providers, transplant recipients, organ donors, and others involved in organ transplantation in the United States. Its goals are to “increase the number of and access to transplants, improve survival rates after transplantation, and to promote patient safety and efficient management of the system.”

*www.optn.transplant.hrsa.gov*

### **Organ Transplant Support, Inc.**

This nonprofit organization provides support, counseling, education, and informational programs and materials on transplant for recipients, candidates, their families, healthcare professionals, and transplant centers.

*www.organtransplantsupport.org*

630.527.8640

Fax: 630.656.5800

Email: organtransplantsupport@gmail.com

P.O. Box 471, Naperville, IL 60566-0471

### **Scientific Registry of Transplant Recipients (SRTR)**

SRTR supports ongoing evaluation of solid organ transplants in the U.S. Its members analyze scientific data and distribute information to the transplant community, transplant programs, organ procurement organizations, policy makers, transplant professionals, transplant recipients, organ donors and donor families, and the general public.

*www.srtr.org*

877.970.SRTR

Fax: 612.873.1644

Email : srtr@srtr.org

914 South 8th Street, Suite S-4.100, Minneapolis, MN 55404

### **Team Transplant at UWMC**

Team Transplant is a training and exercise program that started at UWMC in 2001. Its purpose is to promote fitness as well as organ donation awareness. The team’s goal is to train for and complete the annual Seattle Half Marathon. The group includes UWMC staff, transplant recipients, and their friends and family members.

*www.uwmcteamtransplant.com*

Contact: Alysun Deckert

206.598.6351

Email: adec@uw.edu

## **Transplant Experience**

The Transplant Experience program can help prepare you for your transplant journey. Its website offers information on different types of solid organ transplants. It explains that the journey is an ongoing physical, emotional, and personal experience, and offers guidance to help you meet your needs each step of the way.

*[www.transplantexperience.com](http://www.transplantexperience.com)*

855.376.8922

Email: [info@transplantexperience.com](mailto:info@transplantexperience.com)

## **Transplant Living**

Transplant Living is a project of the United Network for Organ Sharing (UNOS). The website is designed to support the relationship between the transplant patient and care provider. Site content is reviewed by a team of transplant candidates, recipients, living donors, and healthcare professionals from a wide variety of specialties affiliated with different hospitals, schools of medicine, and organizations.

*[www.transplantliving.org](http://www.transplantliving.org)*

## **United Network for Organ Sharing**

United Network for Organ Sharing (UNOS) is the private, nonprofit organization that manages the organ transplant system in the U.S. UNOS is under contract with the federal government to provide this service.

*[www.unos.org](http://www.unos.org)*

## **UWMC Support Groups**

Ask your social worker for information about current support groups at the medical center.

## **Addiction Recovery**

### **Recovery.org**

If you have problems with drugs or alcohol, these addiction treatment facilities can help you get your life back on track:

- Alaska: *[www.recovery.org/browse/anchorage-ak](http://www.recovery.org/browse/anchorage-ak)*
- Montana: *[www.recovery.org/browse/montana](http://www.recovery.org/browse/montana)*
- Oregon: *[www.recovery.org/browse/oregon](http://www.recovery.org/browse/oregon)*
- Washington: *[www.recovery.org/browse/washington](http://www.recovery.org/browse/washington)*

## **Quitting Smoking and Using Tobacco**

These websites offer information to help you stop using tobacco:

- [smokefree.gov](http://smokefree.gov)
- [www.cancer.org](http://www.cancer.org)
- [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)
- [www.heart.org](http://www.heart.org)
- [www.lung.org/stop-smoking](http://www.lung.org/stop-smoking)
- [www.quitnet.com](http://www.quitnet.com)
- [www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)

## **Hepatitis C Support and Education**

Information about hepatitis C changes quickly. Go to a trusted website to get the latest information. If you do not have internet access:

- Use a computer at UWMC's Health Information Resource Center on the 3rd floor (main level) of the hospital.
- Use a computer at your local public library.
- Go to the Patient Information Center at the Hepatitis Education Project (see address below).

### **American Liver Foundation**

[www.liverfoundation.org](http://www.liverfoundation.org)

800.GO.LIVER

### **Centers for Disease Control and Prevention**

[www.cdc.gov/hepatitis/c/patienteduc.htm](http://www.cdc.gov/hepatitis/c/patienteduc.htm)

### **Hep C Connection**

[www.hepc-connection.org](http://www.hepc-connection.org)

Provides a newsletter, support groups, and information about hepatitis C.

### **Hepatitis Education Project**

[www.hepeducation.org](http://www.hepeducation.org)

206.732.0311 or 800.218.6932

Maritime Building, 911 Western Ave., #302, Seattle, WA 98104

Open weekdays from 9 a.m. to 5 p.m. Walk-in clinic Tuesdays from 10 a.m. to 2 p.m.

### **HepC.com**

[www.hepc.com](http://www.hepc.com)

## **Financial and Fundraising Support**

### **Medicare Hotline**

800.MEDICARE (800.633.2273)

### **National Organization of Social Security Claimants' Representatives (NOSSCR)**

*www.nosscr.org*

800.431.2804; Fax: 201.567.1542

### **Northwest Justice Project**

*www.nwjustice.org*

Legal self-help materials and tools for help with non-criminal legal problems, including Copes, Medicaid benefits, power of attorney, and much more.

### **Social Security: Disability Information**

*www.ssa.gov/disability*

## **Medicines**

Our transplant financial coordinator will review your insurance to make sure your plan covers your prescription drugs. There are programs to help transplant patients who have limited benefits. Visit the U.S. Department of Health and Human Services website to learn more:

*www.healthfinder.gov/rxdrug*

Your transplant pharmacist is also an excellent resource after liver transplant if you lose your healthcare coverage or your benefits change.

## **Transportation and Housing in the Seattle Area**

Ask your social worker for a copy of "Patient Family Housing: Guide to Housing, Transportation, and Parking." This information is also online at: *www.uwmedicine.org/uw-medical-center/patient-resources/lodging*.

### **Medicaid Transportation for Liver Transplant Patients**

If you live more than 2 hours from UWMC and you are a part of the DSHS Medicaid System, you may qualify for help with transportation and housing while you are in the Seattle area. This is very important during the period after transplant when you are required to stay in the Seattle area.

To use this service, you must tell the organization that you are a **liver transplant candidate at UWMC**, and that you are looking for help both before and after your transplant surgery.

The name of the transport service provider depends on the county you live in. Please see the table on page 6.

## Transport Service Providers by County

Counties	Service Provider	Phone Number
Island, San Juan, Skagit, Whatcom	NW Regional Council	800.860.6812
Adams, Asotin, Ferry, Garfield, Grant, Lincoln, Pend Oreille, Spokane, Stevens, Whitman	Special Mobility Services	800.892.4817
Clallam, Jefferson, Kitsap, Mason-North	Paratransit	800.756.5438
Grays Harbor, Lewis, Mason-South, Pacific, Thurston	Paratransit	800.846.5438
Pierce	Paratransit	800.925.5438
Snohomish	Hopelink	855.766.7433
Clark, Cowlitz, Klickitat, Skamania, Wahkiakum	Human Services Council	800.752.9422
Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima	People for People	800.233.1624
Chelan, Douglas, Okanogan	People for People	800.233.1624
King	Hopelink	800.923-7433

## Air Travel Assistance

If you live outside Washington state, you may be eligible for air travel assistance. Contact these organizations to see if you are eligible:

### Angel Flight West

[www.angelflightwest.org](http://www.angelflightwest.org)

800.426.2643

3161 Donald Douglas Loop South, Santa Monica, CA 90405

A national nonprofit organization of private pilots who provide free air transportation for patients who are traveling to and from medical treatment. Serves patients with limited financial resources.

### Northwest MedStar

[www.nwmedstar.org](http://www.nwmedstar.org)

800.422.2440

P.O. Box 11005, Spokane Valley, WA 99211-1005

## Ground Transportation from SeaTac Airport

- **METRO Transit:** [www.kingcounty.gov](http://www.kingcounty.gov)
- **Port of Seattle:** [www.portofseattle.org](http://www.portofseattle.org)
- **Shuttle Express:** [www.shuttleexpress.com](http://www.shuttleexpress.com) or 425.981.7000

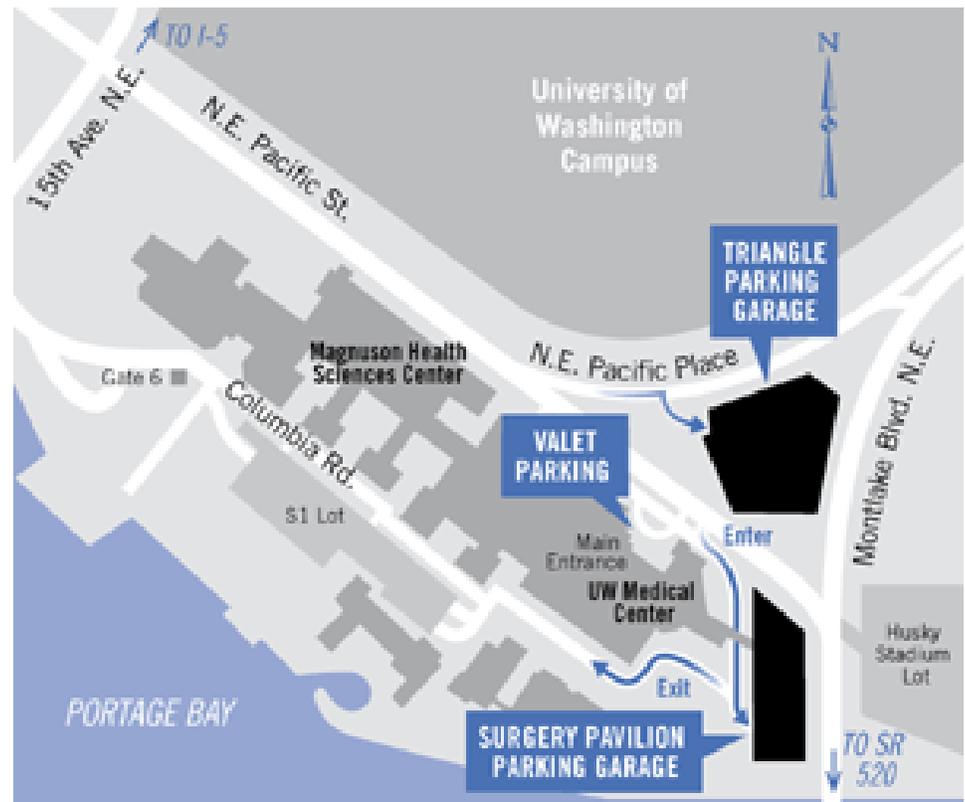
This is a common option for travel between UWMC and SeaTac airport. Shuttle Express provides transportation 24 hours a day.

- At the airport, go to Ground Transportation Information Center on the baggage claim level, south end of the terminal. Children under 12 can ride for free if they are with an adult.
- Call 1 day in advance to make a reservation for transportation to the airport. Call 3 days in advance before holidays.

### Yellow Cab

206.622.6500

## Getting to UWMC



UWMC is in northeast Seattle, south of the University of Washington main campus.

The street address for University of Washington Medical Center is 1959 N.E. Pacific St., Seattle, WA 98195. The main phone number for the hospital is 206.598.3300.

UWMC also has clinics in the Roosevelt buildings, just a few blocks northwest of the main hospital.

### **Light Rail**

Light rail is coming! Sound Transit has been working on the station at Husky Stadium, across the street from UWMC. The station will open in 2016 and provide transportation from SeaTac airport to the hospital.

### **Driving Directions**

*From Interstate 5 to UWMC (Triangle Parking Garage):*

- Take Exit No. 168B (Bellevue/Kirkland) onto State Route (SR) 520.
- Take the first exit off SR 520 to Montlake Boulevard N.E.
- Turn left onto Montlake Boulevard and continue north.
- Cross the bridge and turn left onto N.E. Pacific Street at the traffic light.
- Move to the right-hand lane.
- Turn right at the second “Patient Parking” sign onto N.E. Pacific Place.
- Turn right into the Triangle Parking Garage. This underground garage is connected to the medical center by a walking tunnel.

*Heading west on State Route 520 to UWMC (Triangle Parking Garage):*

- Take the Montlake Boulevard exit.
- Continue north on Montlake Boulevard and cross the bridge.
- At the traffic light, turn left onto N.E. Pacific Street.
- Move to the right-hand lane.
- Turn right at the second “Patient Parking” sign onto N.E. Pacific Place.
- Turn right into the Triangle Parking Garage. This underground garage is connected to the medical center by a walking tunnel.

### **Hospital Parking**

#### **Valet Parking**

Valet parking is available for all UWMC patients at the same rates as for parking in the Triangle Garage. If you want to use the valet service, drop off your car in the driveway in front of the medical center.

### **Triangle Parking Garage**

- This underground garage is across N.E. Pacific Street from UWMC.
- Enter the garage from N.E. Pacific Place, which is between Montlake Boulevard and 15th Avenue N.E.
- A walking tunnel leads from the garage to the hospital.
- The garage has 500 parking stalls: 67 are for disability parking and 9 are wheelchair accessible.
- Height restriction is 6 feet, 8 inches.
- Parking staff work weekdays from 6 a.m. to midnight and from 7 a.m. to 4 p.m. on Saturdays.
- The Triangle Garage also has after-hours parking.
- Pay at the ticket booth in the garage as you leave.
- Parking in the Triangle Garage is free on Sundays and for a reduced rate on Saturdays.

### **Surgery Pavilion Parking Garage**

- This garage is beneath the Surgery Pavilion. It is used by surgery patients and their visitors.
- Enter the driveway from N.E. Pacific Street, just to the left (east) of the hospital's main entrance. After passing the Emergency Department entrance, turn left at the stop sign.
- There is disability parking on all 3 parking levels. Level P1 has limited space for oversized vehicles.
- Maximum vehicle height is:
  - 9 feet, 6 inches on Level P1
  - 6 feet, 7 inches on Levels P2 and P3.
- Garage hours are 6 a.m. to midnight on weekdays. The garage is closed on weekends. Hours may change if there are special events on the University of Washington campus.
- After-hours parking is not available in the Surgery Pavilion Garage.
- Pay at the ticket booth as you leave, or in the elevator lobby before you go to your car.
- If you are returning to your car after the garage has closed, ask for help at the Information Desk in the lobby just inside the main entrance of the hospital (3rd floor).

### **Disability Parking**

- The Triangle and Surgery Pavilion Garages have disability parking, including spaces for wheelchair vans.
- Disabled patients who do not have adaptive vehicles may use the valet parking service at the main entrance of the hospital. Valet staff do **not** park adaptive vehicles. Valet parking fees are the same as those charged for parking in the garages.
- Wheelchairs and escort services are available. Ask staff at the Information Desk inside the main hospital entrance for details.

### **In/Out Parking Access Card**

UWMC has an in/out access card for patients who plan to leave and return to the hospital on the same day. Ask for an in/out access card at any parking garage pay booths.

### **Parking Restrictions**

- The Triangle and Surgery Pavilion Garages may be used only by patients and their visitors.
- After-hours parking is available only in the Triangle Garage.

### **Parking Rates**

- Reduced-rate parking is available for UWMC patients and their visitors. Ask at the nurses' station on your floor or clinic for validation for reduced parking fees for both garages. This validation ensures that you pay no more than a set amount per day.
- If you have questions about parking rates, call the UWMC parking manager at 206.598.2801.

### **UWMC Floor Maps**

To help patients, families, and visitors find their way around the hospital, UWMC has maps of all of the hospital floors. Ask for copies of the maps at the Health Information Resource Center on the 3rd floor (main level) of the hospital. You can also ask for directions at the Information Desk, in the lobby inside the main hospital entrance (3rd floor).

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Transplant Services:  
206.598.8882