

Liver Transplant Journey & Post-Transplant Support

About This Resource

These programs support patients undergoing liver transplant evaluation, recovery, or long-term post-transplant care. They include trusted transplant centers, medication and financial assistance programs, lodging options, and peer support networks for patients and families.

Regional Transplant Centers (Texas)

- **UT Southwestern Medical Center – Liver Transplant Program**

Comprehensive adult and living-donor liver transplant center, nationally recognized for outcomes and academic excellence. One of only two living-donor programs in DFW.

 (214) 645-1919 |  utswmed.org/conditions-treatments/liver-transplant/

- **Baylor University Medical Center – Simmons Transplant Institute**

High-volume program offering living and deceased-donor liver transplantation for adults. Known for regional outreach and multidisciplinary coordination.

 (214) 820-2050 |  bswhealth.com/locations/hospital/dallas/transplant

- **Baylor All Saints Medical Center – Fort Worth**

 (817) 922-4650 |  bswhealth.com/locations/hospital/fort-worth/transplant

- **Medical City Dallas – Liver Transplant Center**

 (972) 566-7000 |  MedicalCityTransplant.medicalcityhealthcare.com

- **Methodist Dallas Medical Center – The Transplant Institute**

 (214) 947-4400 |  MethodistDallasTransplant.methodisthealthsystem.org

Other Major Texas Centers

- **UT Health San Antonio – University Hospital Transplant Center**

The largest living-donor liver transplant program in Texas.

 (210) 567-5777 |  uthscsa.edu/physicians/services/liver-transplant

- **Houston Methodist J.C. Walter Jr. Transplant Center**

The state's highest-volume liver transplant program, accepting broad indications and complex cases. Often considered for patients seeking re-evaluation after being declined elsewhere.

 (713) 441-5451 |  houstonmethodist.org/transplant/liver/

Medication & Financial Assistance

- GoodRx —  goodrx.com

- NeedyMeds —  needymeds.org

For Support & Questions

Texas Liver Care | (682) 427-0200 | TexasLiverCare.org | info@TexasLiverCare.org | 617 Travis Ave, Fort Worth, TX 76104

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- **Medicare Part D Assistance**

Apply online for Extra Help, a federal program that lowers or eliminates the cost of Medicare Part D prescription drugs for people with limited income or resources.

 ssa.gov/medicare/part-d-extra-help

- **PAN Foundation**

Provides financial assistance for copays, premiums, and travel costs for patients with chronic or life-threatening conditions, including liver disease and transplant medications.

 panfoundation.org

Lodging, Travel & Housing Assistance

- **American Transplant Foundation** —  americantransplantfoundation.org
- **Ronald McDonald House – Fort Worth & Dallas** —  rmhfw.org |  rmhdallas.org
- **Angel Flight South Central**
Provides free air transportation for medical appointments and treatment.
 angelflightsc.org

Support & Peer Networks

- **American Liver Foundation (ALF)** —  liverfoundation.org
- **TRIO (Transplant Recipients International Organization)** —  trioweb.org
- **TransplantLyfe (by CareDx) Transplant Community** —  transplantlyfe.com
- **Donor Network of Texas** —  donatelifetexas.org

Rehabilitation & Long-Term Wellness

- **Texas Liver Care** — Comprehensive post-transplant follow-up including medication monitoring, nutrition, and care coordination.
 (682) 427-0200 |  texaslivercare.org
- **Psychological & Rehabilitation Support** — Ask your transplant center about integrated programs for mental health, emotional well-being, and physical rehabilitation. These services are part of your recovery plan and help rebuild strength, mobility, and confidence safely.

Caregiver Resources

- **American Society of Transplantation – Caregiver Toolkit**

Comprehensive guide for family members and friends who care for transplant recipients or living donors.

 myast.org/caregiver-toolkit

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TLC Tips— Navigating the Transplant Journey

Before & During Evaluation

- Each transplant center has unique evaluation criteria. Ask your hepatologist which aligns best with your condition and circumstances.
- Keep communication open between your liver specialist and the transplant team to coordinate referrals and updates.
- Consider geography, insurance coverage, living-donor availability, and post-transplant support when choosing where to list.
- It's appropriate, and often beneficial, to be evaluated at more than one center to expand your options and reduce waiting-time risks.

After Transplant

- Use a daily medication schedule. Never miss your immunosuppressants.
- Keep an updated list of all medications and transplant-team contacts.
- Avoid live vaccines; confirm vaccine timing with your care team.
- Contact your transplant team immediately for fever, jaundice, swelling, pain, or confusion.
- Ask your coordinator about financial counseling for medications, travel, and lodging.
- Prioritize emotional health. Join support groups or peer networks to stay connected and encouraged.

Caregiver Well-Being

- Being a caregiver is both vital and demanding. Take time to rest, seek support, and care for yourself. Your well-being directly strengthens your loved one's recovery and stability after transplant.

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