Shared Decision-Making Checklist
For Patients

We often rely on our healthcare providers to tell us what care we need. But to get the best care, you and your provider (and, if you have one, a family caregiver or care partner) make decisions together. This process is called shared decision making. Your provider shares medical expertise, and you share what you want out of your care. Then you make a decision together.

If your healthcare team hasn't spoken about shared decision making, you can still engage in the process. Refer to this checklist to start the shared decision-making conversation. Bring this with you to appointments. Additional copies of this checklist may be downloaded and printed from FAIRHealthOlderAdults.org

Before Your Appointment/Discussion: Think about What Matters to You and Write It Down

- ☐ What would you like to ask and know about your condition and treatment options?
- ☐ What matters most to you in life? What are your goals for treatment — for example, to manage symptoms or to be able to do things you are currently unable to do? Think about your goals for treatment, what matters to you. A nurse, social worker or primary care provider may also be able to help you discuss your goals and wishes.
- ☐ Is cost an important part of your decision?
- ☐ Refer to helpful resources.

During Your Appointment/Discussion: Ask Questions, Express Your Goals and What Matters

(Take notes you can refer to later.)

- ☐ I would like to make this decision together with you based on my goals and what matters most to me and on your expertise.

What I would like most from life is

_____

_____

What matters most to me is

_____

_____

What I am most afraid of is

_____

_____

Are there decision tools we can use to make this decision together?

_____

_____

The decision aids are not meant to be medical advice, diagnosis or treatment. They are meant to offer information to help you take part in shared decision making with health professionals. The clinical options in the decision aids should be discussed with your health professional, as each patient's condition will vary.

How can I learn more about my condition and my options?

_____

_____

- ☐ What are my options for treatment?
- ☐ What are the benefits of the options?
- ☐ What are the risks to me if I choose this option?
- ☐ What if I prefer not to do anything?
- ☐ Is there any new information about treating my condition that I should know about?
- ☐ What are the costs related to each option?
- ☐ With whom can I speak to learn more about treatments and how I can pay for them?
- ☐ For my specific goals and condition, what would be the best options?
- ☐ For specific treatment options, do I have to follow certain rules?
- ☐ Are there organizations that can provide support services if I need them?
- ☐ I don't understand. Can you explain this to me a different way?
- ☐ I'd like a second opinion. Can you provide a referral?
- ☐ Can I contact you with questions?
- ☐ Can you give this information to me in writing?
- ☐ What are the next steps?
- ☐ Which other providers, if any, should I see next for continuing my care?

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