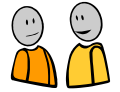


Ottawa Family Decision Guide

For Families Facing Tough Health or Social Decisions



1 Clarify the decision.

What decision do you face?

What is your reason for making this decision?





When do you need to make a choice?

2 Explore your decision.

	Reasons to Choose this Option (Benefits / Advantages / Pros)	How much it matters Select ★s!		Reasons to Avoid this Option (Harms / Disadvantages / Cons)	How much it matters Select ★s!	
Option #1						
Option #2						
Option #3						

	#1	#2	#3	Unsure	#1	#2	#3	Unsure
Which option do you prefer?								
Support								
Who else is involved?	Option you think this person prefers?				Option you think this person prefers?			
	#1	#2	#3	Unsure	#1	#2	#3	Unsure

③ Identify your decision making needs.

	Knowledge Do you know the benefits and harms of each option?	Yes	No	Yes	No
	Values Are you clear about which benefits and harms matter most to you?	Yes	No	Yes	No
	Support Do you have enough support and advice from others to make a choice? Are you choosing without pressure from others?	Yes	No	Yes	No
	Certainty Do you feel sure about the best choice?	Yes	No	Yes	No

The SURE Test © O'Connor and Légaré, 2008.

People who answer "No" to one or more of these questions have decision making needs. They are more likely to delay their decision, change their mind, feel regret about their choice or blame others for bad outcomes.

④ Plan the next steps based on your needs.

Decision making needs	Things you would like to try...
Knowledge If you feel you do NOT have enough facts	Find out more about the options and the chances of benefits and harms. List your questions and note where to find the answers (e.g. library, health professionals, counsellors):
Values If you are NOT sure which benefits and harms matter most to you	Review the stars in the balance scale to see what matters most to you. Find people who know what it's like to experience the benefits and harms. Talk to others who have made the decision. Read stories of what mattered most to others. Discuss with others what matters most to you.
Support If you feel you do NOT have enough support	Discuss your options with a trusted person (e.g. health professional, family, friends). Find help to support your choice (e.g. funds, transport, child care).
If you feel PRESSURE from others to make a specific choice	Focus on the opinions of others who matter most. Share your guide with others. Ask another person involved to complete this guide. Find areas of agreement. When you disagree on facts, agree to get more information. When you disagree on what matters most, respect the person's opinion. Take turns to listen to what the other person says matters most to them. Find a neutral person to help you and others involved in the decision.
Other factors making the decision DIFFICULT	List anything else you need: