

# Ottawa Family Decision Guide For Families Facing Tough Health or Social Decisions

You will be guided through four steps: **1** **2** **3** **4**

## 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.



### Knowledge

Below, list the options and main benefits and risks you already know. Underline the benefits and risks that you think are most likely to happen.



### Values

Use stars (★) to show how much each benefit and risk matters to you. 5 stars means that it matters "a lot". No stars means "not at all".



### Certainty

Circle the option with the benefits that matter most to you and are most likely to happen.

	☺ <b>BENEFITS</b> Reasons to choose this option	How much it matters Add ★s!	☹ <b>RISKS</b> Reasons to avoid this option	How much it matters Add ★s!
Option #1				
Option #2				
Option #3				

Which option do you prefer? #1  #2  #3  unsure



### Support

Who else is involved? (name and relationship)	Which option does this person prefer?				How can this person help?
	#1	#2	#3	unsure	
Child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

What role do you prefer in making this choice?





I prefer to share the decision with \_\_\_\_\_

I prefer to decide myself after hearing the views of \_\_\_\_\_

I prefer that someone else decides. Who? \_\_\_\_\_



### 3 Identify your decision making needs.

	<b>Knowledge</b>	Do you know which options are available to you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
		Do you know both the benefits and risks of each option?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<b>Values</b>	Are you clear about which benefits and risks matter most to you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<b>Support</b>	Do you have enough support and advice from others to make a choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
		Are you choosing without pressure from others?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<b>Certainty</b>	Do you feel sure about the best choice?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

People who answer “No” to one or several 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...
<p><b>Knowledge</b></p> <p>If you feel you do NOT have enough facts</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Find out more about the options and the chances of benefits and risks.</li> <li><input type="checkbox"/> List your questions and note where to find the answers (e.g. library, health professionals, counsellors):</li> </ul>
<p><b>Values</b></p> <p>If you are NOT sure which benefits and risks matter most to you</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Review the stars in the balance scale to see what matters most to you.</li> <li><input type="checkbox"/> Find people who know what it's like to experience the benefits and risks.</li> <li><input type="checkbox"/> Talk to others who have made the decision.</li> <li><input type="checkbox"/> Read stories of what mattered most to others.</li> <li><input type="checkbox"/> Discuss with others what matters most to you.</li> </ul>
<p><b>Support</b></p> <p>If you feel you do NOT have enough support</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Discuss your options with a trusted person (e.g. health professional, family, friends).</li> <li><input type="checkbox"/> Find help to support your choice (e.g. funds, transport, child care).</li> </ul>
<p>If you feel PRESSURE from others to make a specific choice</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Focus on the opinions of others who matter most.</li> <li><input type="checkbox"/> Share your guide with others.</li> <li><input type="checkbox"/> 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.</li> <li><input type="checkbox"/> Find a neutral person to help you and others involved in the decision.</li> </ul>
<p>Other factors making the decision DIFFICULT</p>	<p>List anything else you need:</p>