

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?

How far along are you with your decision?

Are you leaning toward a specific option?

2 Explore your decision.



Knowledge

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



Values

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

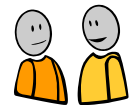


Certainty

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

	☺ BENEFITS Reasons to choose this option	How much it matters Add ★s!	☹ HARMS 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

What role do you prefer in making this choice?

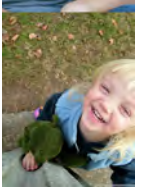
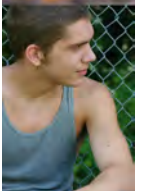
- I prefer to share the decision with _____
- I prefer to decide myself after hearing the views of _____
- I prefer that someone else decides. Who? _____

Who else is involved?
(name and relationship)



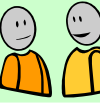

Which option does this person prefer?

How can this person help?

	#1	#2	#3	unsure	
	<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"/>	



3 Identify your decision making needs.

	Knowledge Do you know the benefits and harms of each option?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Values Are you clear about which benefits and harms matter most to you?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Support Do you have enough support and advice from others to make a choice?	<input type="checkbox"/> Yes <input type="checkbox"/> No
	Certainty Do you feel sure about the best choice?	<input type="checkbox"/> Yes <input type="checkbox"/> No

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	<input type="checkbox"/> Find out more about the options and the chances of benefits and harms. <input type="checkbox"/> 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	<input type="checkbox"/> Review the stars in the balance scale to see what matters most to you. <input type="checkbox"/> Find people who know what it's like to experience the benefits and harms. <input type="checkbox"/> Talk to others who have made the decision. <input type="checkbox"/> Read stories of what mattered most to others. <input type="checkbox"/> Discuss with others what matters most to you.
Support If you feel you do NOT have enough support	<input type="checkbox"/> Discuss your options with a trusted person (e.g. health professional, family, friends). <input type="checkbox"/> Find help to support your choice (e.g. funds, transport, child care).
If you feel PRESSURE from others to make a specific choice	<input type="checkbox"/> Focus on the opinions of others who matter most. <input type="checkbox"/> Share your guide with others. <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. <input type="checkbox"/> Find a neutral person to help you and others involved in the decision.
Other factors making the decision DIFFICULT	List anything else you need: