



Shared Decision Making

Shared Decision Making is when doctors and patients work together to make decisions. By partnering with your doctor, you will better understand ways to improve your overall health. Together with your doctor, you can create a care plan that you feel good about.

Be Active

- Engage with your doctors. Ask questions and go over options.
- Include your family members and / or caregivers in discussions.

Explore Options

- Talk openly with your doctor about other options.
- Write down a list of your options.
- Talk with your doctor if there is something you don't understand.

Talk About Values

- Talk to your doctor about what matters to you.
- This could be costs, recovery time, or something else.

Making a Decision

- Ask your doctor for any information before you decide.
- Consider your options with family members or your caregiver.
- Schedule follow-up appointments.

Reference: Agency for Healthcare Research and Quality: The SHARE Approach – Essential Steps of Shared Decision making: Quick Reference Guide; <https://www.ahrq.gov/health-literacy/professional-training/shared-decision/tools/resource-1.html>