

# Patient and Family Decision Support Tool

PHSA Ethics Service

You can use this tool to explore what matters most to you in making a difficult health care decision. This tool is intended to be worked through with support from the PHSA Ethics Service, and you can contact us at: [ethics@phsa.ca](mailto:ethics@phsa.ca).

We understand that making big health related decisions can have far-reaching and lasting effects and that is partly why they are so difficult to make. We have created this tool in order to help you identify personal history, values, supports and information that you bring to your decision making as that may help you with this process. Throughout, you may find it helpful to talk about your decision with loved ones, spiritual leaders, counsellors, cultural liaisons, Indigenous Health Navigators, social workers and other health care providers.

## Decision

What decision(s) need to be made?	
Who is at the centre of the decision(s)? Is there an advance directive, legally authorized representative or temporary substitute decision maker?	

<p>How quickly does this decision need to be made, and why?</p>	
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## Information

### Your Story

<p>What, if anything, have you tried already? How did it work?</p>	
<p>What, if anything, have you tried already? How did it work?</p>	
<p>What are your hopes, fears or concerns?</p>	

### Exploring What Matters Most to You

The writing process can help clarify our thinking around hard decisions. Some people are visual and like to map out big decisions. Others prefer to make lists.

<p>Here, we encourage you to write down, in whatever way feels comfortable for you, what matters to you about this decision (for example, people, values, beliefs, past experiences, information, outcomes and expectations). See page 3 for more space to write notes.</p>	
<p>What matters most to you as this decision is made?</p>	

### Support Needs

<p>How can we support you in the decision making process?</p>	
<p>What information and supports do you have?</p> <ul style="list-style-type: none"> <li>• Having support from people in our lives often helps when making big decisions. Who are people in your life (family, friends, colleagues, medical</li> </ul>	

<p>professionals, social services/counsellors) who have supported you in past decisions? Are they able to be supportive for you in this decision?</p>	
<p>What information and supports do you need?</p> <ul style="list-style-type: none"> <li>• It can often be hard to know what support is available or needed. What might help you identify the supports or information you may need?</li> </ul>	

## Options

<p>What options are available?</p>	
<p>What would each option mean for you or your loved one(s)?</p>	

<p>Which option(s) best reflect what matters to you? Is there one that feels more right than the others? Why?</p>	
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## Resolution

<p>Where do we go from here?</p>	
<p>What might help you feel at ease with your decision?</p>	
<p>What support might help with any immediate, ongoing and/or future needs?</p>	

# What Matters Most to You

Use this space to write down, in any way that feels comfortable, what matters to you in terms of this decision (for example: people, values, beliefs, past experiences, information, outcomes and expectations).