

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?

How far along are you with making a choice?

- Have not thought about the options
 Thinking about the options

- Close to making a choice
 Already made a choice

2 Explore the decision.



Knowledge

List the options and main benefits and risks you already know.



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

Consider the option with the benefits that matter most to you and are most likely to happen. Avoid the options with the risks that matter most to you.





	Reasons to choose this option (Benefits / Advantages / Pros)	How much it matters Use 0 to 5 ★s		Reasons to avoid this option (Risks / Disadvantages / Cons)	How much it matters Use 0 to 5 ★s	
Option #1	<ul style="list-style-type: none"> Child Youth Mother Father Guardian Other Adult Other Child 			<ul style="list-style-type: none"> ★ ★★ ★★★ ★★★★ ★★★★★ 		
Option #2						
Option #3	<ul style="list-style-type: none"> Child Youth Mother Father Guardian Other Adult Other Child 					

Which option do you prefer?	#1	#2	#3	Unsure	#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"/>

Support

Who else is involved?	Option you think this person prefers?	#1	#2	#3	Unsure	Option you think this person prefers?	#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"/>
What role do you prefer in making the choice?	<input type="checkbox"/> Share the decision with... <input type="checkbox"/> Decide myself after hearing views of... <input type="checkbox"/> Someone else decides...					<input type="checkbox"/> Share the decision with... <input type="checkbox"/> Decide myself after hearing views of... <input type="checkbox"/> Someone else decides...				
Who?										

3 Identify decision making needs.

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

Child
Youth
Mother
Father
Guardian
Other Adult
Other Child




Yes No

Yes No

Adapted from The SURE Test © 2008 O'Connor, Légaré.

People who answer "No" to one or more of these questions are more likely to delay their decision, change their mind, feel regret about their choice or blame others for bad outcomes. Therefore, it is important to work through steps two and four that focus on their needs.

4 Plan the next steps based on needs.

Decision making needs	Things you would like to try
 <p>Knowledge</p> <p>If you feel you do NOT have enough facts</p>	<input type="checkbox"/> Find out more about the options and the chances of benefits and risks. <input type="checkbox"/> List your questions. <input type="checkbox"/> Note where to find the answers (e.g. library, health professionals, counsellors): <div style="border: 1px solid black; height: 20px; width: 100%;"></div>
 <p>Values</p> <p>If you are NOT sure which benefits and risks matter most to you</p>	<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 risks. <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.
 <p>Support</p> <p>If you feel you do NOT have enough support</p> <p>If you feel PRESSURE from others to make a specific choice</p>	<input type="checkbox"/> Discuss your options with a trusted person (e.g. health professional, counsellor, family, friends). <input type="checkbox"/> Find help to support your choice (e.g. funds, transport, child care). <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, consider the other 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.
<p>Other factors making the decision DIFFICULT</p> <div style="border: 1px solid black; height: 40px; width: 100%;"></div>	<p>List anything else you need:</p> <div style="border: 1px solid black; height: 60px; width: 100%;"></div>