

# Ottawa Personal Decision Guide for Two For People Making Health or Social Decisions



There are 4 steps **1** **2** **3** **4**

## 1 Clarify your decision

What decision do you face?

What are your reasons for making this decision?

When do you need to make a choice?

	Person 1		Person 2	
How far along are you with making a choice?	Not thought about it Thinking about it	Close to choosing Made a choice	Not thought about it Thinking about it	Close to choosing Made a choice

## 2 Explore your options

Options you can choose from (includes doing nothing or making no change)	Reasons to Choose this Option Benefits / Advantages / Pros	How much it matters to you: 0★ not at all 5★ a great deal		Reasons to Avoid this Option Risks / Disadvantages / Cons	How much it matters to you: 0★ not at all 5★ a great deal	
		Person 1	Person 2		Person 1	Person 2
Option 1						
Option 2						
Option 3						






	Person 1			Person 2	
Which option do you prefer?	Option 1 Option 3	Option 2 Unsure		Option 1 Option 3	Option 2 Unsure

## 3 Explore views of others involved in the decision

	Person 1				Person 2			
Who else is involved?								
Which option does this person prefer?								
Are you feeling pressured by this person?	Yes	No	Yes	No	Yes	No	Yes	No
How can this person support you?								

# Ottawa Personal Decision Guide for Two Continued

## 4 Identify your needs and plan next steps based on them

Identify decision making needs*		If no, things you could try (✓)	
Person 1	Person 2		
 <p><b>Do you know the benefits and risks of each option?</b></p>	Yes No	Yes No	Find out more about the options and chances of the benefits and risks. List your questions (e.g., What are the benefits and side effects, risks, or harms for each of my options? Other questions). List where to find the answers (e.g. health professionals, trusted websites of health charities, patient or health organizations, or governments).
 <p><b>Are you clear about which benefits and risks matter most to you?</b></p>	Yes No	Yes No	Review the stars in step two <b>2</b> to see what matters most to you. Find people who know what it is like to experience the benefits and risks. Talk to others who have made the decision. Read stories of what mattered most to others. Discuss what matters most to you with your health professionals and others.
 <p><b>Do you have enough support and advice to make a choice?</b></p>	Yes No	Yes No	Discuss your options with a trusted person (e.g. health professional, counsellor, family, friends). Find help to support your decision (e.g. funds, transport, childcare). If you feel PRESSURE from others to make a specific decision Focus on the views of others who matter most. Share this guide with others. Ask others to fill in this guide to see where you agree and disagree. <ul style="list-style-type: none"> <li>• If you disagree on facts, get more information.</li> <li>• If you disagree on what matters most, consider the other person's views.</li> <li>• Take turns to listen to what the other person says matters most to them.</li> </ul> Find a person to help you and others involved.
 <p><b>Do you feel sure about the best choice for you?</b></p>	Yes No	Yes No	Work through steps two <b>2</b> and four <b>4</b> , focusing on your needs.
 <p><b>Are there other things making the decision difficult?</b></p>	List them and anything else you could try:		

\*Adapted from The SURE Test © 2008 O'Connor & Légaré.