

Your Values, Your Voice



Pocket Guide to Medical Decision-Making

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Bring Clarity to Your Decisions



1 Understand

Your medical condition and how it will affect your life



2 Identify

What decisions need to be made



3 List All Options

For treating or not treating your condition



4 Gather

Details of each option, including benefits and risks



5 Decide

On your plan; know that you can re-evaluate or change course

Ask, Listen, Learn

Understand Your Condition

- What is my condition called?
- How does this condition develop?
- What resources can I use to educate myself?

Treatment Specifics

- What is involved? How invasive is it?
- What is the expected recovery time?
- What restrictions might I face? What support will I need?

Benefits of Each Option

- What will my condition be if successful?
- What are the chances of success? How long are benefits likely to last?

Risks/Unintended Consequences

- Could I be worse off?
- What are possible complications that could affect my health, lifestyle, or lead to more medical procedures?

For a Test

- What will we learn from the test?
- How might this change the diagnosis or treatment options?

When End-of-Life is Approaching

- When should I consider hospice?
- If I want to consider medical aid in dying, when would we need to start that process?

Help Your Team Understand Your Goals, Your Fears, Your Values

- What is most important to you?
- What do you want to avoid?
- What trade-offs are you willing to make?

For more detailed information go to
www.PatientChoices.org