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