

## Shared Decision-Making Checklist for Patients and Caregivers

*We often rely on our healthcare providers to tell us what care we need. But to get the best care, you and your provider make decisions together. This process is called “shared decision making.” Your provider shares medical expertise, and you share what you want out of your care. Then you make a decision together. Shared decision making can be especially useful to help manage slow-growing prostate cancer and understand your options. It can also open up a channel for communication and trust between you and your provider.*

*If your healthcare team has not spoken about shared decision making, you can still engage in the process.*

*Refer to this checklist to start the shared decision-making conversation. Download, print and bring this with you to appointments.*

### Before Your Appointment/Discussion: Think about What Matters to You and Write it Down

- What would you like to ask and know about your condition and treatment options?
- What matters most to you in life? What are your goals for treatment? Think about your goals for treatment, what matters to you. A clinician (e.g., nurse or primary care provider) may also be able to help you discuss your goals and wishes.
- Is cost an important part of your decision?
- If a caregiver or family member is involved in your care, does he or she know your goals and wishes? If not, discuss them.
- What are you comfortable doing to manage your condition?
- What don't you like about your current treatment (if applicable)?
- Are there limitations (such as mobility) your doctor should know about when it comes to implementing lifestyle habits such as exercise

### During Your Appointment/Discussion: Ask Questions; Express Your Goals and What Matters to You

*Ask a family member or caregiver to join/attend and take notes that you can refer to later.*

- I would like to make this decision together with you based on my goals and what matters most to me and on your expertise.  
*What I would like most from life is...*  
*What matters most to me is...*  
*What I am most afraid of is...*  
*Are there decision tools we can use to make this decision together? How can I learn more about my condition and my options?*

- Will these treatments cure my problem, or just manage it?
- What are the benefits of each option?
- What are the risks to me if I choose this option?
- What will I have to change about my lifestyle if I choose each of these treatment options?
- What sort of time commitment will each of these treatments require? How often will I have to come in for tests and/or procedures?
- What if I don't want to do anything?
- What are the costs associated with each of the options? Whom can I speak with to learn more about the treatments and how I can pay for them?
- For my specific goals and condition, what would be my best options?
- Are there lifestyle habits that you recommend (nutritional changes, exercise)?
- Is exercise good for my condition? How can I still exercise if I don't have time/money for a gym or if my joints hurt?
- How much exercise is "enough" to reduce symptoms?
- Will my insurance pay for or subsidize a gym membership?
- Can I use a gym safely even with COVID-19?
- How often do I need to take insulin? How much insulin do I need to take per dose? Where can I buy insulin? How much does insulin cost?
- Are there any less invasive ways to administer insulin?
- Are there any other medications that help treat diabetes other than/instead of insulin?
- Are there support groups I can join for people with diabetes?
- I don't understand. Can you explain this to me a different way?
- Can I contact you with questions?
- Can you give this information to me in writing?
- Is my decision between treatment options time-sensitive, or can I wait and think it over?
- What are the next steps?

## After Your Appointment

- Keep the notes in a handy place so that you can refer to them later.
- Consider what your provider said, and how each option would affect your life.
- Are the lifestyle changes or treatment options ones you can commit to?
- If cost is a concern, are there assistance programs that might be able to help?
- If you are unclear on next steps, ask!
- If you need more time to make a decision, let your healthcare team (and caregiver if applicable) know.