

Shared Decision-Making in Medication Management.

Take part in **decisions** about **medications**. Discuss **goals and preferences** within the **circle of care**. Ask questions to help healthcare providers share their knowledge to make a **shared decision** about the best **medication plan**.

Get involved in decisions about medications.



What is the 'circle of care'?

Everyone involved in helping you make informed decisions about your medication options. Includes doctors, pharmacists, nurses, caregivers and family.

5 KEY STEPS to participate in shared decision-making about medications.

- 1 CONSIDER** that a decision about a medication may need to be made.
- 2 ASK** about the benefits, risks and expected outcomes of each option and listen to what the healthcare provider says about reasonable expectations.
- 3 FEEL** informed about each option and clear about goals of care, ask questions if not sure.
- 4 DISCUSS** goals of care and preferences.
- 5 HELP** make an informed decision about medication options and let a healthcare provider know if you decide to change your mind.

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