

Shared Decision-Making in Medication Management.

Take part in **decisions** about **medications**. Discuss **goals and preferences** with your care team. 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 'care team'?

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

For more information visit www.deprescribing.org/deprescribing-in-ltc-framework/

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