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.**

**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.

**What is the ‘care team’?**

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

For more information visit [www.deprescribing.org/deprescribing-in-ltc-framework/](http://www.deprescribing.org/deprescribing-in-ltc-framework/)