

5 STEPS to Participate in Shared Decision-Making About Medications.

Medication decisions should happen between you and the healthcare team.

1. **KNOW** that decisions about medications may be needed.
2. **SHARE** your health goals and what is best for you or the person you care for.
3. **ASK** about benefits, risks, and outcomes of each option and what to expect with each choice.
4. **UNDERSTAND** each option, ask questions if not sure.
5. **HELP** make decisions about medication options and tell the healthcare team if you change your mind.

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Having Conversations About Medications.

Your Voice Matters! Take part in medication decisions. Try these ideas to help you talk with the healthcare team and make decisions that are right for you or the person you care for.

- “It is important to me/to the person I care for that....”
- “What are the options? Are there any non-drug options?”
- “What are the risks and benefits of each option?”
- “I feel it is best to....”

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