

# Shared Decision-Making in Medication Management.

Take part in **medication decisions** for yourself or the person you care for. Discuss health **goals** with the care team. Ask questions to help the healthcare team share their knowledge to make a **shared decision** about the best **medication plan**.

**Your Voice Matters! Get involved in decisions about medications.**



## What is the 'healthcare team'?

Everyone involved in helping you make informed decisions about your medication options. Includes doctors, pharmacists, nurse practitioners, care partners, and family.

## 5 KEY STEPS

- to participate in shared decision-making about medications.
- 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.

For more information visit:



 [deprescribing.org](http://deprescribing.org)

*This infographic has been designed using some icons from Flaticon.com  
Last Updated: September 2025*