



PATIENTS AND FAMILIES GUIDE + WORKSHEET FOR MAKING HEALTH CARE DECISIONS

BC Cancer supports patients and families to make their own health care decisions. We do not make decisions for you or tell you what to do.

It can be hard to make some health care decisions.

This guide can help you make choices about your care or the care of a loved one. It can be helpful to talk about these questions with loved ones, a counsellor or a spiritual leader. You can also call the Ethics Service. The Ethics Service can assist you to clarify your values to help you make a decision. The Ethics Service can be reached at 604 875 2360.

Thinking about these questions and completing the steps can make it easier to reach a decision.

1. Clarify the decision to be made

- What decision do you face?
- Will you make the decision on your own?
- Who else will be involved in the decision?

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2. Gather information

- What facts do you know?
- What questions do you have?
- What other services, support or information would be useful to help you to make a decision?
- Who else would you like to speak with?
- When do you need to decide?



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3. What matters to you?

- How important is this decision to you?
- As you think about the future, what matters most to you?
- How will spiritual or cultural beliefs impact your decision?
- How are past experiences influencing your thoughts?

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4. What are your options?

5. Evaluate your options

- What are the consequences of each option?
- What could be the impact on prolonging life?
- What could be the impact on quality of life?
- What could be the impact on loved ones?

6. Decision

- Discuss your decision with your loved ones and health care team