

What is Shared Decision Making?

Shared decision making is a practice in which a person receiving care and a person providing care work jointly to make decisions.

It brings together the expertise and experience of both, enabling each to understand what is important when choosing a course of action. By working together, we make the best treatment and care decisions for each individual.

A person *may* choose to include their family, carer or advocate in the conversation to build a shared understanding of what is important to them and help with the decisions to be made. When a child or young person under 18 is involved, their parent or carer will be involved.



How do You and I share decision making?

We share decision making through open, honest and respectful conversations. Shared decision making is not a single conversation; it is a way of working together throughout a time of care and support. The ongoing conversation is pictured below. At each stage of the conversation we should pause, check and clarify our understanding.

The ongoing conversation



Ask 3 Questions

Answer 3 Questions

Good questions and answers are at the heart of the conversation. As a person receiving care, we may have lots of questions.

Answers to the following three questions are key to decision making:

