

Shared Decision Making You and I Together

'No decision about me, without me'

Shared decision making is evidence of the values of health and social care in practice.

All Health and Social Care Service staff work to an agreed set of values. These values place people at the centre of their care. Daily behaviours bring the values to life. The values are:



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:

1. What are the options?
2. What are the pros and cons of each option?
3. What is the right option for me?

Why should You and I share decision making?

The research tells us that if decision making is shared, people are more likely to:

-  Understand what is involved in any decision;
-  Have thought through what is important;
-  Feel supported and empowered to make choices about care;
-  Follow the agreed treatment or care plan;
-  Have confidence and manage care better;
-  Improve health behaviours;
-  Make best use of available services.

When will You and I share decision making?

Shared decision making is common practice in most circumstances. This is how we should be working. In exceptional circumstances, Health and Social Care staff are required to make a decision, for example, in a clinical or safety emergency. In these circumstances, people are protected by clear laws and guidance. Communication should include open and honest explanation. Staff are also guided by Professional Codes of Practice.

For further information on Shared Decision Making

Further help, information and evidence on Shared Decision Making is available at [Web site name...](#)

