

Shared decision-making using DECIDE

Define decision	We are making a decision with you about X. <i>Is this a good time to do that? Should anyone else be involved?</i>
Explain situation	Can we start by talking about your health problems and situation? <i>Can you tell me what you know already?</i> <i>Do you have any thoughts, questions, or worries I can help with?</i>
Consider options	Let's talk about available options, and the likely benefits, risks or harms. <i>We need to work out what option is the best one for you.</i> <i>Each of them has pros and cons.</i> <i>You might choose to wait and see what happens.</i>
Invite views	I would like to hear about what matters to you (your relative) in this situation. <i>That is important in helping us make good decisions together.</i>
Decide together	Given what we can do and what you said matters, let's find the right option for you. <i>What do you think the best option might be?</i> <i>What do you think (person's name) would say, if we could ask them?</i> <i>Would it help if I suggest a way forward, and explain what might happen?</i>
Evaluate decision	You think the best option is Y, because... Is that right? <i>Are you clear about what that means for you?</i> <i>Do you want to think about it, and we can talk again later?</i>