



# Shared Decisionmaking: Making the Best Decision for You

## What is it?

Shared decisionmaking is a way to work with your doctor to make decisions about your health care. It helps you and your family better understand your care and treatment options so you can select the care plan that is best for you.

## How will it help me?

Shared decisionmaking can help you and your family:

- Better understand all the options for your care and treatment.
- Choose the care plan that is best for you, considering both medical evidence **AND** what is important to you.
- Improve communication and build a better relationship between you and your doctor.

## How can I get started?

Just ask! Tell your doctor you would like to use shared decisionmaking. Ask questions to make sure you understand your care options. Be clear with your doctor about what is important to you and what your goals are. Bring family members with you if they will help you make care decisions.

## Why should I do this?

In many health care situations, there is not always a “correct” decision. Shared decisionmaking helps you and your family understand your options and decide, with your doctor, which care option can best help you get the results that matter most to you.

## What patients are saying

“When I went to the health center, I wanted my doctor to give me an antibiotic, but once I understood the risks and benefits of taking an antibiotic for my infection, I decided I didn’t want to take it.”

## What doctors are saying

“We have found that when we use shared decision making, we increase our patients’ comfort level with their care plan because we decide on it together.”

—Director at a university student health center

“I wish I had another 20 years to practice this way.”

—Retiring doctor

