

Choosing and making decisions

Usually decisions are made during the feedback counselling session on how to proceed with treatment and/or further assessment.

In order to be in a position to take a decision of which you are satisfied and able to support, it is important that the following is clear for each treatment/assessment proposal regarding your situation:

- what are the alternatives to choose from?
- what does the care provider recommend, and why?
- what are the other factors in play that can affect my decision?

In choosing between the alternatives, the following questions can be of further help:

- what is the greater value of this advice to me or to our family, in comparison to other possibilities?
- what are the consequences of not agreeing with care provider's recommendation?

Other points to consider in the decision making process are:

- are the goals clear?
- are there any risks involved?
- what are the (evidence or practice based) findings?
- how much input is expected from me/us?
- is there a waiting period before the treatment starts?
- how long will the treatment last?

Sometimes (on line) decision aids are recommended.