

My Personal Decision Guide

This guide is intended to help you clarify and explore a practical, emotional, or cancer treatment decision.

1. Clarify my decision: (Use a separate Decision Guide for each decision.)

What decision do I need to make?

Why do I need to make this decision?

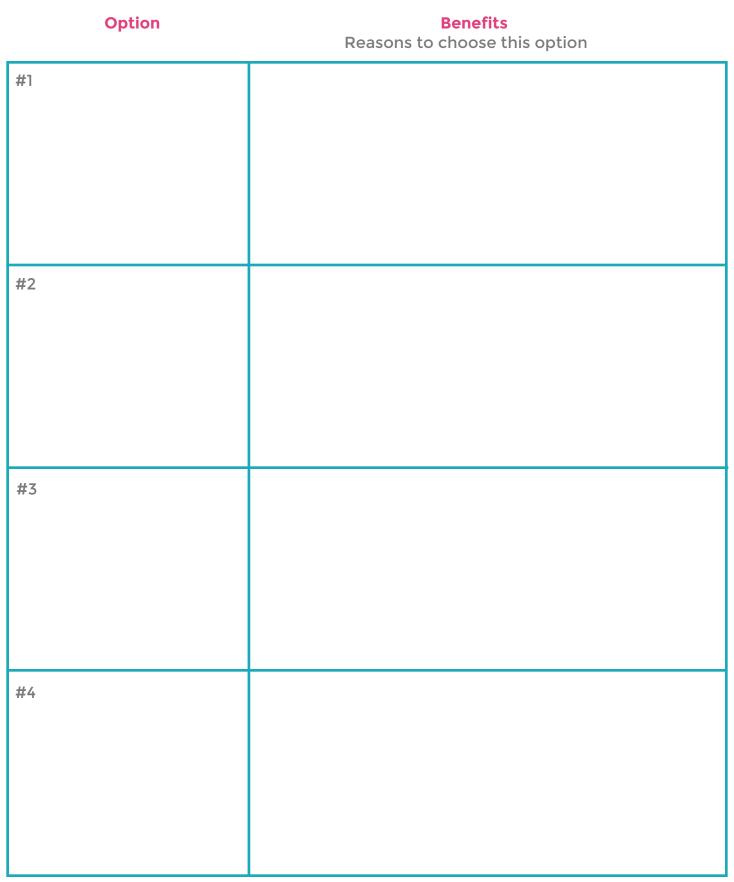
When do I need to make this decision?

How far along am I with making this decision?

- \Box I have not yet thought about options
- \Box I am thinking about the options
- □ I am close to making a decision

My Personal Decision Guide reflects my questions and concerns. This document does not constitute medical advice. I recognize that this document may contain errors or omissions. This decision guide is adapted from the Ottawa Personal Decision Guide, Patient Decision Aids Research Group, Ottawa Hospital Research Institute (2012).

2. Explore your decision: List the options and main **benefits** and **risks** of each option. What else do you need to know about each option?



		ompleted these p 2		option do you prefer? □ Not sure
	Reasons to	Risks avoid this optior	ı	Questions What else do I need to know about this option?
#1				
#2				
#3				
#4				

3. Support

Who else is involved in my decision?	Which option does this person prefer?	Is this person pressuring me?	How can this person support me?		
Name/ Relationship					
Name/ Relationship					
Name/ Relationship					
What role do I prefer in making my	I prefer to share this decision with				
choice?	I prefer to decide myself after hearing the views of				
	I prefer that some	one else decides. Who?			

Identify your decision-making needs:

Knowledge	Do I know the benefits and risks of each option?	🗆 Yes 🗆 No
Importance	Am I clear about which benefits and risks matter most to me?	🗆 Yes 🗆 No
Support	Do I have enough support and advice to make a decision?	🗆 Yes 🗆 No
Certainty	Do I feel sure about the best decision for me?	🗆 Yes 🗆 No

4. Plan the next steps based my your needs:

Factors important in my decision	What can help me make this decision?	
Knowledge	BACC Services	
Knowledge Do I need more	 Talk with a member of BACC's Personalized Medical Research Team 	
information to make this decision?	Use the BACC Library	
	Explore BACC's online resources	
	Get more information about benefits and risks	
	List my questions, what else do I need to know?	
	Talk to my doctor(s)	
	Other	
	BACC Services	
Support	Talk to a Helpliner (650) 326-6686 or toll- free (888) 222-4401	
Do I need more support in making this decision?	Attend a BACC Support Group	
	Talk to a BACC Therapist	
	Talk to a BACC Buddy who had to make a similar decision	
	 Talk to BACC's Insurance/Employment Specialist 	
	 Discuss my options with a trusted person (doctor, social worker, therapist, friend, family) 	
	Find out what help is on hand to support my choice (funds, transportation, child care, etc.)	
	Other	

4. Plan the next steps based on my needs (continued):

Factors important	What can help me
in my decision	make this decision?
Other factors What else might impact this deciscion?	 Is there anything in my medical/personal background that affects this decision Anything in my family history? Any job or family responsibilities? Any pastimes/activities I enjoy? For example, hobbies, recreation, sports. Family events or trips already planned? Other

Notes:
Bay Area Cancer Connections
Helpline (650) 326-6686 or Toll-free (888) 222-4401
1511 S. Claremont Street San Mateo, CA 94402 info@bayareacancer.org bayareacancer.org
Bay Area Cancer Connections supports anyone affected by breast or ovarian cancer with personalized services that inform and empower.