

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?

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

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?

Option

Benefits

Reasons to choose this option

#1	
#2	
#3	
#4	

After you have completed these pages, which option do you prefer?

- #1 #2 #3 #4 Not sure

Risks

Reasons to avoid this option

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 choice?	<p>I prefer to share this decision with _____</p> <p>_____</p> <p>I prefer to decide myself after hearing the views of _____</p> <p>_____</p> <p>I prefer that someone else decides. Who? _____</p>		

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?
<p>Knowledge</p> <p>Do I need more information to make this decision?</p>	<ul style="list-style-type: none"><input type="checkbox"/> BACC Services<ul style="list-style-type: none"><input type="checkbox"/> Talk with a member of BACC's Personalized Medical Research Team<input type="checkbox"/> Use the BACC Library<input type="checkbox"/> Explore BACC's online resources<input type="checkbox"/> Get more information about benefits and risks<input type="checkbox"/> List my questions, what else do I need to know?<input type="checkbox"/> Talk to my doctor(s)<input type="checkbox"/> Other _____ _____ _____
<p>Support</p> <p>Do I need more support in making this decision?</p>	<ul style="list-style-type: none"><input type="checkbox"/> BACC Services<ul style="list-style-type: none"><input type="checkbox"/> Talk to a Helpline (650) 326-6686 or toll-free (888) 222-4401<input type="checkbox"/> Attend a BACC Support Group<input type="checkbox"/> Talk to a BACC Therapist<input type="checkbox"/> Talk to a BACC Buddy who had to make a similar decision<input type="checkbox"/> Talk to BACC's Insurance/Employment Specialist<input type="checkbox"/> Discuss my options with a trusted person (doctor, social worker, therapist, friend, family)<input type="checkbox"/> Find out what help is on hand to support my choice (funds, transportation, child care, etc.)<input type="checkbox"/> Other _____ _____

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

Factors important
in my decision

What can help me
make this decision?

Other factors

What else might
impact this decision?

- 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**

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Bay Area Cancer Connections supports anyone affected by breast or ovarian cancer with personalized services that inform and empower.