BACC
Bay Area Cancer Connections

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

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

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?

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?	I prefer to share this decision with _____ _____ I prefer to decide myself after hearing the views of _____ _____ I prefer that someone 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 Do I need more information to make this decision?	☐ BACC Services ☐ Talk with a member of BACC's Personalized Medical Research Team ☐ Read research articles from BACC's digital collection ☐ 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 _____
Support Do I need more support in making this decision?	☐ BACC Services ☐ Speak with someone on our Helpline (650) 326–6686 ☐ 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 in my decision	What can help me 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: