

5-steps to help you make decisions with purpose

Follow these steps to help walk you through a purposeful, considered process that includes your loved one's values. Discuss and weigh your options with others involved. Blank copies are provided in the Resources section.

1. What problem or decision are we facing?



2. What choices are available?

Explore the positives and negatives of these choices.

a

positive

negative

b

positive

negative

c

positive

negative

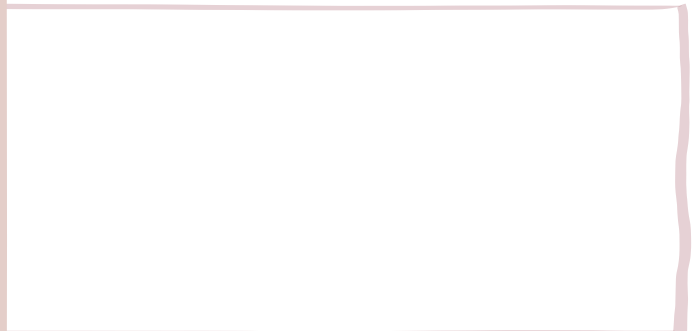
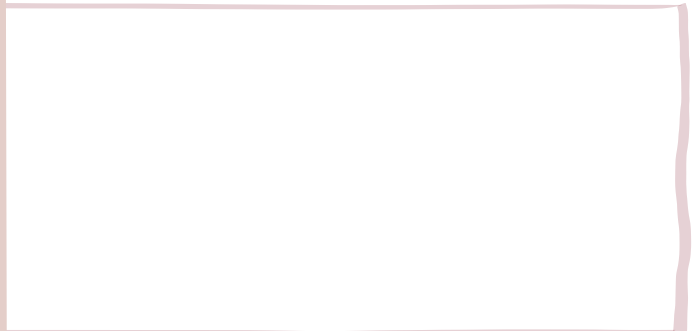

3. What are important values of my loved one and our care team that will help us in deciding?

(see pages 32-39)



4. What resources are available to support our decision?

Consider what makes this option possible (see pages 81-83 for more information.)



5. Have you weighed your options?

Once you've worked through this, take time to document and discuss your decision.

