

The Ottawa Hospital – Personal Decision Guides

Shared Decision Making is defined as the “collaboration between patients and providers, which considers patients’ values and preferences alongside evidence to make the best decisions.”

Webpage: [The Ottawa Hospital - Personal Decision Guides](#)

What is this resource?

This resource connects healthcare providers with useful personal decision guides that support patients and families on how to reflect on treatment options and how to weigh decisions based on personal needs and preferences.

How does this resource relate to Shared Decision Making (SDM)?

The two (2) guides are templates that can be used by an individual or with a family member (or additional person) to support reflection and discussion on how to best decide on treatment options for their health condition.

The guides help patients and families prepare for further discussions with their health provider(s) and be more actively involved in shared decision making.

How can I use this resource?

The following resources are available for downloading and printing:

- Ottawa Personal Decision Guide (2 page PDF - individual).
- Ottawa Personal Decision Guide for Two (2 page PDF) – allows 2 people to be involved in the decision making process.