

# Informed Decision Making: Get help from your

# BRATIN

Benefits

Risks

Alternatives

Intuition

Next Steps



What is the decision I need to make?

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How much time do I have to make this decision?

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Who is involved in making this decision?

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What are my values that affect this decision?

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**B**

## Benefits

How might this benefit me?  
(possible/probable outcomes)

How might this benefit my caregiver/s?  
(if applicable)

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**R**

## Risks

How might this pose a risk to me?  
(possible/probable risks)

How might this pose a risk to my caregiver/s?  
(if applicable)

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**A**

## Alternatives

**What are my options for the short term and long term?**  
(alternative treatments, no treatment, other ideas?)

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**I**

## Intuition

**What do I feel and think about these options?**

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**N**

## Next steps

**Examples:**

I need to talk to my family.

I need time to think my decision through.

I want more information.

I would like to wait on treatment.

I want a second opinion.

I would like to...???

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**YOUR DECISION:**

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*Remember, to make an informed decision about your health, it helps to use your... **BRAIN**.*

