

Informed Decision Making: Get help from your B.R.A.I.N. (Benefits • Risks • Alternatives • Intuition • Next Steps)

What is the decision I need to make?

How much time do I have to make this decision?

Who is involved in making this decision?

What are my values that affect this decision?

B	Benefits How might this benefit me (possible / probable outcomes)? <hr/> <hr/> <hr/> How might this benefit my caregiver(s) (if applicable)? <hr/> <hr/> <hr/>
R	Risks How might this pose a risk to me (possible / probable risks)? <hr/> <hr/> <hr/> How might this pose a risk to my caregiver(s) (if applicable)? <hr/> <hr/> <hr/>

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A	<p>Alternatives</p> <p>What are my options for the short term and long term (alternative treatments, no treatment, other ideas)?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
I	<p>Intuition</p> <p>What do I feel and think about these options?</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
N	<p>Next steps</p> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="width: 30%;"> <p><i>Examples:</i> I need to talk to my family.</p> <p>I need time to think my decision through.</p> <p>I want more information.</p> </div> <div style="width: 30%;"> <p>I would like to wait on treatment.</p> <p>I want a second opinion.</p> <p>I would like to... ?</p> </div> </div> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>

Your Decision: _____

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