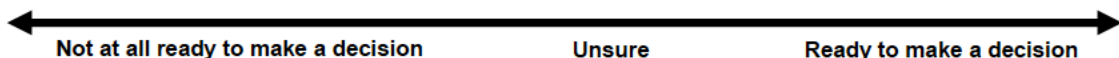


Your Decision Worksheet

Please complete this worksheet and bring it to the meeting with the doctor.

1. After reading the decision aid, how sure do you feel about making a decision?

Make an X on the line based on how you feel:



2. What is important to your loved one?

Here are some statements that will help you decide which treatment goal is best for your family member. Please **circle** the number on the scale below to show how important each statement is to your family member if (s)he could decide for themselves.

	Not important		Very Important
My family member wants to live as comfortably as possible.	1	2	3
My family member wants to live as long as possible, regardless of the quality of life.	1	2	3
For my family member a high quality of life is most important.	1	2	3
My family member does not want to be dependent on others away from home.	1	2	3
My family member would accept a tracheostomy and feeding tube to stay alive.	1	2	3

3. Imagine a line where the right side is comfort care and the left side is survival with all it takes.

Make an X on the line below at the point you think your loved one would choose.



4. Your Goals of Care Options

There are 2 goals of care options. Each option has different benefits and risks and side effects. There is no right or wrong choice. Please read the options below. **Circle** the option(s) you think best matches your family member's values and preferences. If you have additional questions, please make a list on the next page and bring them to the meeting with the doctor. The doctor will talk about the options and then discuss what matters most to you and your family member.

Goals of care options	Reasons to choose this option	Reasons not to choose this option
"Do everything": Focus on survival Tracheostomy and feeding tube placement is done, followed by placement in LTACH or nursing home, sometimes acute rehab when the patient is ready.	<ul style="list-style-type: none"> • Best chance to stay alive. • Patient will have a quality of life that (s)he finds acceptable. • Patient has said in the past to keep him/her alive at all cost. • Patient would feel OK with being uncomfortable from lying in bed or working hard during therapy sessions. 	<ul style="list-style-type: none"> • Additional treatments can be painful. • Patient does not want to be dependent on others to live. • Patient does not want a tracheostomy or feeding tube. • Patient may still die and will have pain from additional treatments.
"No suffering": Focus on comfort Transition to comfort care is provided when the family is ready.	<ul style="list-style-type: none"> • Unlikely that patient will have an acceptable quality of life. • Patient has suffered enough; family wants him/her to be comfortable. 	<ul style="list-style-type: none"> • Without life support, the patient will die. • Patient would choose to have advanced treatments and live in a nursing home.

5. How do you feel about this choice?