

Important Questions for You and Your Loved Ones When Making Treatment Decisions

Adapted from work by Tani Bahti, RN, CT, CHPN

It is important that you have enough information to make an informed decision that is right for you. When making a decision taking into consideration your lifestyle, your beliefs, your goals and your values. You may also want to consider the impact on your family, your finances and the role of your spiritual beliefs. You have the right to get all your questions answered. Ask yourself the following questions:

- Do I have all the information I need to make this decision?
- Is fear or lack of information pushing me towards a particular decision?
- What am I most afraid of?
- What are my goals at this time in my life and will this treatment help me reach them?
- Am I making a decision based on what I believe someone else wants me to do or what I really want to do? Have I sat down with that person(s) to clarify what each of us want?
- Who or what is my source of strength and support and have I utilized that?
- If I have a limited life expectancy, how do I want to spend the time I have?
- What does fighting the good fight mean to me? Seeking aggressive treatment until the end, allowing a natural death or something in between?
- Have I completed my advance directives (Health Care Proxy, Living Will, Organ Donation) which identifies a decision maker if I cannot speak for myself and conveys my wishes regarding care and treatment?
- Have I talked with my family and health care providers about my advance directives and provided them with copies?
- Have I asked all my questions, expressed my fears and shared what I truly feel with my and health care providers? Have my questions been answered satisfactorily and my fears addressed?

*See **Important Questions for a Health Care Provider When Making Treatment Decisions**, also on this webpage.