### Shared Decision Making Worksheet

#### Step 1: Consider Your Needs

<table>
<thead>
<tr>
<th>What types of things do I need help with?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating, getting dressed, using the bathroom, bathing or moving around the home</td>
<td>❑</td>
</tr>
<tr>
<td>Activities of daily living, such as preparing meals, paying bills or going shopping</td>
<td>❑</td>
</tr>
<tr>
<td>Obtaining care that calls for a nurse or therapist</td>
<td>❑</td>
</tr>
<tr>
<td>Medication and health management, such as keeping track of the pills taken, medical appointments, or checking your blood sugar or blood pressure</td>
<td>❑</td>
</tr>
<tr>
<td>Dealing with substance abuse issues</td>
<td>❑</td>
</tr>
<tr>
<td>Dealing with mental health needs</td>
<td>❑</td>
</tr>
<tr>
<td>Making decisions or keeping track of the things that need to get done</td>
<td>❑</td>
</tr>
<tr>
<td>Participating in social activities with family or friends</td>
<td>❑</td>
</tr>
<tr>
<td>Other: ________________________________</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Who helps me?</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>My spouse or partner</td>
<td>❑</td>
</tr>
<tr>
<td>Family members or friends</td>
<td>❑</td>
</tr>
<tr>
<td>A Social worker or case manager</td>
<td>❑</td>
</tr>
<tr>
<td>Mental health providers</td>
<td>❑</td>
</tr>
<tr>
<td>Nurse care manager</td>
<td>❑</td>
</tr>
<tr>
<td>Primary care providers, such as physicians, nurse practitioners, or physicians assistants</td>
<td>❑</td>
</tr>
<tr>
<td>A paid caregiver</td>
<td>❑</td>
</tr>
<tr>
<td>I do not have regular help</td>
<td>❑</td>
</tr>
</tbody>
</table>
### Where do I want to live?

- In my home, as long as it’s at all possible
- In my home, as long as my health care needs can be safely and comfortably managed
- In my home, even though it might not be what’s best right now
- In a different home, as long as it is close to VA services and other support
- In a community where I or my loved one can receive the best possible individualized care

### Step 2: Explore Your Long Term Care Options

#### Home-Based Long Term Care Options

- Adult day health care
- Home-based primary care
- Homemaker or home health aide
- Hospice care
- Palliative care
- Program of All-Inclusive Care for the Elderly (PACE)
- Respite care
- Skilled home health care
- Telehealth
- Veteran-directed home and community-based services

#### Residential Care in a Community Setting

- Adult family home / residential care home
- Independent living facility
- Assisted living facility
- Community residential care
- Domiciliary care in a state veteran’s home
- Medical foster home
### Nursing Home Options

**Nursing Home Options** (24-hour skilled nursing needed)

- VA living center, also referred to as a community living center
- Community nursing home
- State veterans home

**The reason(s) I chose these options is because it's important for me to:**

(Examples: be close to family, stay in my home, have care available at night)

1. ______________________________________________________________________
   ______________________________________________________________________
2. ______________________________________________________________________
   ______________________________________________________________________
3. ______________________________________________________________________
   ______________________________________________________________________

### Step 3: Get Others Involved in Your Decision Making

**Who should be involved in planning for my long term care?**

- My spouse or partner
- Family members such as adult children, siblings and parents
- Close friends
- A social worker or case manager
- Mental health providers
- A nurse care manager
- Primary care providers, such as physicians, nurse practitioners or physicians assistants

**Who agrees with my favorite long term care options?**

________________________________________________________________________
Who disagrees with my favorite long term care options? ________________________________

What are the long term care options that everyone agrees could be best for me?

**Home-Based Long Term Care Options:**
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**Residential Care in a Community Setting:**
- Adult family home / residential care home
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**Nursing Home Options:**
*(24-hour skilled nursing needed)*
- VA living center, also referred to as a community living center
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- State veterans home

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**Step 4: Take Action on Your Decisions**

- Learn more about your [top care options](#)
- Speak to your care team about your health needs and preferences
- Speak with your mental health provider about your care needs, if applicable
- Speak to your social worker about obtaining long term care services
- Get support from your family and friends
- Jot down any outstanding question you have and bring it to your next meeting with your care team

<table>
<thead>
<tr>
<th>Care Team or Social Worker Contact Information</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: _________________________________</td>
<td></td>
</tr>
<tr>
<td>Address: _______________________________</td>
<td></td>
</tr>
<tr>
<td>Phone Number: __________________________</td>
<td></td>
</tr>
<tr>
<td>Next Appointment: ________________________</td>
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</tbody>
</table>

**Questions:**

1. ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________

2. ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________

3. ______________________________________
   ______________________________________
   ______________________________________
   ______________________________________