

# Using the Ottawa Personal Decision Guide

## What is The Ottawa Personal Decision Guide?

The Ottawa Personal Decision Guide is a tool to assist people making health or social decisions.

This simple pamphlet guides the decision maker through four steps to reach a decision. It guides them to evaluate their options by exploring their knowledge and their values involving the situation. It helps the decision maker to acknowledge the support they have or do not have for the decision, and to consider all the options available.

## Why use The Ottawa Personal Decision Guide?

Many people going through our healthcare system will have extremely difficult decisions to make concerning themselves or a family member. This tool will assist consumers to see the complete picture from differing points of view. It will ensure their personal values are recognized, and that they have the correct information to make a decision.

**The Ottawa Personal Decision Guide can make difficult conversations easier and more productive** as it guides the decision maker through the necessary steps. It provides a neutral platform to address concerns and can de-escalate difficult situations where conflict or uncertainty exists.



## Where can I access The Ottawa Personal Decision Guide?

It is available for download via this link:

<https://decisionaid.ohri.ca/decguide.htm>

The site also includes a demonstration and access to One or Two person decision maker documents in a variety of languages.

*Nobody's life is ever all balanced.  
It's a conscious decision to choose  
your priorities every day."*

*Elisabeth Hasselbeck*