

SHARED DECISION MAKING (SDM): WHAT IS IT?

SDM broken down into 4 key steps:

- 1) Involve at least 2 people, for example, family and provider;
- 2) Share information between people- in both directions;
- 3) Everyone shares concerns, preferences and priorities, and understands the options;
- 4) Reach a decision together.



When could you use SDM for your child with special healthcare needs?

- For difficult decisions
- To set goals for a shared plan of care
- To create a solution for a barrier, challenge or problem in your child's care

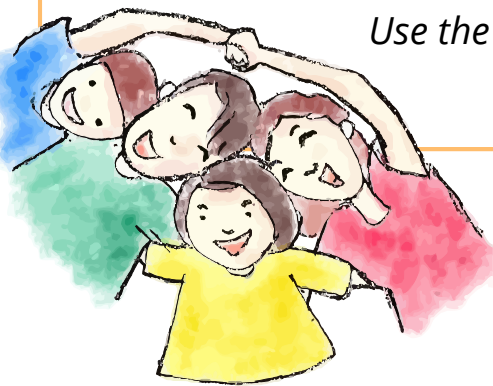


Are decisions you make using SDM permanent?

NO, especially those made during COVID-19!

Track changes in your child (health, happiness, needs), review guidelines or other evidence and discuss decisions again with your provider to make sure they meet the needs of your child

Use the following worksheet to create some solutions during COVID-19



SDM FOR RISK REDUCTION

How can you create layers of protection to prevent COVID-19 and allow your kid to be a kid? Work with your providers to reduce the risk.

If your family wants to go to a community event, or socialize with neighbors, talk with your provider about a plan to minimize exposure.

As plans for school continue to change, discuss balancing priorities for your child's learning, socialization and health with safety.

Work with your provider to make a shared plan for appointments, lab work and procedures: telehealth or in-person?

Is there something your child needs or would like to do, but you are not sure how to discuss?

Are there concerns or questions that you haven't been able to bring up during a telehealth appointment?

Are there priorities for care that have changed since your last appointment that you want work on with your provider?

NOTES:

A series of horizontal blue lines for writing notes. The lines are spaced evenly down the page. On the left and right sides, there are vertical columns of colorful triangles: pink, yellow, teal, and grey, alternating in color.