Ask 3 Questions

There may be choices to make about you health and care.
Make sure you get the answers to these three questions:*

What are my **choices?**

What are the **pros** and **cons** of each option for me?

How do I get **support** to help me make a decision that is **right for me?**

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Your health and care team needs you to tell them what is important to you.

It's all about shared decision making.

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Shape Change Inspire Quality Transform Care

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Other questions I would like to ask during my appointment:

1

2

3

4

5

Remember, you can bring someone else with you to your appointment, such as a relative, carer or friend.