

# Chronic Health Condition Self-Management Decision Making Tool

What is the decision that needs to be made?

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PROS	SCORE Rate between 1-5	CONS	SCORE Rate between 1-5

Which score is higher?    PROS / CONS

The decision result is: \_\_\_\_\_

Does this decision meet the gut test?    YES / NO

## **Purpose for use of the Chronic Health Condition Self-Management Decision**

**Making Tool:** In life we are all faced with having to make decisions every day, however, when living with a chronic health condition there are many times when big decisions need to be made. For example, should surgery be considered, or is taking a new medication the right option in one's care, or whether someone's current living options are still working for them versus moving to a more supported living environment.

For people who are living with chronic health conditions, these decisions can be very challenging because decisions have to be made during times of uncertainty. Utilizing this self-management decision making tool is a great way to think through a decision and make informed decisions regarding current and future needs.

## **Directions for use of the Chronic Health Condition Self-Management Decision Making Tool**

1. Identify the decision: This is clearly identifying what is the decision that you may or may not want to move forward with.
2. Write down the 'PROs' AND 'CONs' for each option of the decision to be made. List as many reasons for and against each option as you can. Make sure to include emotional reasons.
3. Give a score to each pro and con from 1 being not important to 5 being very important to you.
4. Add each column and compare the results to find the higher score. The higher score shows the decision you have reached based on the values you have given to each reason.
5. Ask yourself how this meets the "gut test" or your "intuition." This last step is important. Does your gut (or intuition) tell you that you should make this decision? If your answer is "yes", you have your decision but, if your gut tells you "no", you should probably go with your gut and your decision is "no". You may also consider exploring this further with someone you trust. Even if your gut tells you something different than the numbers, this decision making technique helps you with the decision, as it helps you understand the reasons for your decision.

This resource is part of the self management tool kit that accompanies the evidence-based workshop ["Living Well with Chronic Conditions"](#) developed through Stanford University and available through the [Wisconsin Institute for Healthy Aging](#).