



## DECISION WORKSHEET

### Chapter 1 of *The Complete Eldercare Planner*

*Feeling overwhelmed with too many options and choices?* Use this worksheet to organize the decision-making process into more manageable parts. Make your best attempt to be sure the statements are based on facts, not assumptions or wishful (or fearful) thinking.

First, define the decision you need to make. Then, fill in the pros and cons. Once you see how the benefits and disadvantages add up, your decision becomes a matter of several smaller key issues.

**Today's Date:** \_\_\_\_\_

**The decision I am contemplating is:** \_\_\_\_\_

\_\_\_\_\_

**The pros are:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**The cons are:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Consider these important questions when writing down your pros and cons:**

Is *this* the right time for this decision or is it better to wait?

Who else can shed light on this decision (family, friends, doctor, etc.)?

Do I fully understand the answers given by the professionals? (If not, say so and get clarification.)

Do I have all of the information needed to weigh the potential consequences?

What are the needs and wants of those who will be affected by this decision?

What is the extent of my obligations toward the people involved in this decision?

How might this decision negatively affect my physical and emotional health?

Will I put others at risk or hurt anyone with this decision?

How might my personal relationships change for the worse?

What is the best that can happen and what is the worst that can happen?

Have I researched all costs and who pays for what?

***The Decision***

Review the pros and cons. Does one list outweigh the other? If the potential decision involves legalities such as contracts and considerable costs, get professional advice. If the decision will directly impact your elders, involve them in the decision-making process. Insist on family meetings and discussions as a way to keep everyone involved and accountable.

***The two most important facts in the pros column are:***

\_\_\_\_\_

***The two most important facts in the cons column are:***

\_\_\_\_\_

***Based on the pros and cons, the decision is:*** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_