

## Use Free Decision Aids for Palliative Care Options

Patients with a serious and chronic illness, and their caregivers, may need to make important decisions about treatment. Shared decision making, which involves discussing treatment options with the care team, can help. Find free, easy-to-use decision aids on our website, [fairhealthconsumer.org](https://fairhealthconsumer.org), to help guide shared decision-making discussions with the care team.

The decision aids will show you:

- Treatment options;
- Possible results of care decisions; and
- Costs of treatments.



**Your loved one's values and preferences matter.** Shared decision making gives you or your loved one a voice in treatment when facing serious and chronic illnesses.

At [fairhealthconsumer.org/shared-decision-making](https://fairhealthconsumer.org/shared-decision-making), you can:

- Learn about the **different treatment options** available for three palliative care scenarios:
  - **Kidney dialysis** for patients with kidney failure (whether to continue or stop);
  - **Nutrition options** when swallowing is difficult; and
  - **Breathing machine** (whether to continue or stop).
- Use the information to **discuss with the care team and make decisions.**
- Understand the possible **medical results of different palliative care options.** For instance, you can find out what's likely to happen by staying on dialysis or going off it.
- Find out about the **costs of various palliative care choices.** The associated costs of treatment are not the most important factor in making care decisions, but they may be a factor.
- Get more **information about shared decision making** and how it can help you discover the care option that's right for you.
- **Discover resources** like organizations and services that offer guidance and support for people facing a range of decisions related to palliative care.

Different treatments have different costs as well. Our decision aids show the associated costs of treatment choices along with their probable medical results.

You can use our free decision aids and get more information about shared decision making at [fairhealthconsumer.org/shared-decision-making](https://fairhealthconsumer.org/shared-decision-making).

### What is shared decision making?

Shared decision making is a discussion among caregivers, patients and healthcare providers about different treatment options. Decision aids are a part of shared decision making. They can help you make healthcare decisions by showing you the likely results of different options.

#### About FAIR Health

FAIR Health is a national nonprofit organization whose mission is to bring transparency to healthcare costs and health insurance information through comprehensive data products, consumer resources and support for health systems research, all powered by the nation's largest collection of private health insurance claims data. FAIR Health is not affiliated with any governmental agency, insurer or other organization in the healthcare sector.

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