Veteran
Shared Decision Making Worksheet

• Use this Worksheet as you consider your needs and preferences for long term services and supports.

• Visit www.va.gov/Geriatrics to learn more about long term services and supports in VA and the community.

• Talk with your caregiver or family support person about this Worksheet.

• Use this Worksheet in discussions with your social worker and care team about the long term services and supports that are best for you.

Your eligibility is based on clinical need and service or setting availability.

www.va.gov/Geriatrics
**Step 1. Consider Needs**

<table>
<thead>
<tr>
<th>What do you need help with?</th>
<th>I need help to: <em>(Check any that apply)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ Eat, get dressed, bathe, go to the toilet or get around the house.</td>
</tr>
<tr>
<td></td>
<td>☐ Do chores such as fixing meals, paying bills and shopping.</td>
</tr>
<tr>
<td></td>
<td>☐ Get care that requires a nurse or therapist.</td>
</tr>
<tr>
<td></td>
<td>☐ Check my blood pressure or blood sugar, keep track of medical visits or fill my pill box.</td>
</tr>
<tr>
<td></td>
<td>☐ Deal with my drug or alcohol issues.</td>
</tr>
<tr>
<td></td>
<td>☐ Deal with my mental health concerns.</td>
</tr>
<tr>
<td></td>
<td>☐ Make decisions and remember things I need to do.</td>
</tr>
<tr>
<td></td>
<td>☐ Do social things with family or friends.</td>
</tr>
<tr>
<td></td>
<td>☐ Other: ______________________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who helps you?</th>
<th>I have help from: <em>(Check any that apply)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ My spouse or partner.</td>
</tr>
<tr>
<td></td>
<td>☐ Family member or friend who lives with me.</td>
</tr>
<tr>
<td></td>
<td>☐ Family members or friends who come over to help me.</td>
</tr>
<tr>
<td></td>
<td>☐ Paid caregiver.</td>
</tr>
<tr>
<td></td>
<td>☐ I do not have any regular help.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where do you want to live?</th>
<th>I want to live: <em>(Check only one)</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>☐ In my home because that is the most important thing to me.</td>
</tr>
<tr>
<td></td>
<td>☐ In my home, if my health needs are met.</td>
</tr>
<tr>
<td></td>
<td>☐ In my home, but it is not best for me now.</td>
</tr>
<tr>
<td></td>
<td>☐ In a different home, but closer to VA services and supports.</td>
</tr>
<tr>
<td></td>
<td>☐ In a different place where I can receive more care.</td>
</tr>
</tbody>
</table>
Step 2. Explore Options

Long term care options I would consider are:
(Check your choices – to learn more, click on the links below or go to www.va.gov/Geriatrics)

**Options at my home**
- Adult Day Health Care
- Home Based Primary Care
- Homemaker/Home Health Aide
- Hospice and Palliative Care
- Program of All-Inclusive Care for the Elderly (PACE)
- Respite Care
- Skilled Home Health Care
- Telehealth
- Veteran-Directed Home and Community Based Services

**Options in a residential setting**
- Adult Family Home
- Assisted Living
- Community Residential Care
- Domiciliary Care (in a State Veterans Home)
- Medical Foster Home

**Options at a nursing home**
- Community Living Center (VA Nursing Home)
- Community Nursing Home
- State Veterans Home

I chose these options because it is important to:
(Examples: stay at home, be close to friends/family, have help at night)

1. 

___________________________________________________________________
___________________________________________________________________

2. 

___________________________________________________________________
___________________________________________________________________

3. 

___________________________________________________________________
___________________________________________________________________

___________________________________________________________________
___________________________________________________________________
Step 3. Involve Others

Who is involved in your long term care planning?

<table>
<thead>
<tr>
<th>People that help me make decisions about long term care are: (Check any that apply)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spouse or partner</td>
</tr>
<tr>
<td>Family member/friend</td>
</tr>
<tr>
<td>Social worker/case manager</td>
</tr>
<tr>
<td>Mental health provider</td>
</tr>
</tbody>
</table>

People who agree with my favorite long term care option(s) are:
_________________________________________________________________

People who disagree with my favorite long term care option(s) are:
_________________________________________________________________

Long term care options we agree could be right for me are:
(Check your choices – to learn more, click on the links below or go to www.va.gov/Geriatrics)

Options at my home

- Adult Day Health Care
- Home Based Primary Care
- Homemaker/Home Health Aide
- Hospice and Palliative Care
- Program of All-Inclusive Care for the Elderly (PACE)
- Respite Care
- Skilled Home Health Care
- Telehealth
- Veteran-Directed Home and Community Based Services

Options in a residential setting

- Adult Family Home
- Assisted Living
- Community Residential Care
- Domiciliary Care (in a State Veterans Home)
- Medical Foster Home

Options at a nursing home

- Community Living Center (VA Nursing Home)
- Community Nursing Home
- State Veterans Home
**Step 4. Take Action**

- Use the Guide to Long Term Care at: [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics)
- Talk with my care team about my health needs
- Talk with my mental health provider about my care needs
- Talk with my social worker about getting long term care services
- Get support from my family and friends
- Use the website links in the Guide to Long Term Care for more information
- Write down my questions and bring them with me to my next visit
- Other: ______________________________________________________

**Questions:**

1. _____________________________________________________________
   _____________________________________________________________

2. _____________________________________________________________
   _____________________________________________________________

3. _____________________________________________________________
   _____________________________________________________________

4. _____________________________________________________________
   _____________________________________________________________

**Bring to your next visit:**

- This Worksheet after you fill it out
- The Caregiver Self-Assessment Worksheet
- A list of your questions
- Someone who can support you

**Care Team or Social Worker contact:**

- Date: _________________________
- Name: _________________________
- Phone: _________________________