

Veteran Shared Decision Making Worksheet

Veteran



- 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.

Caregiver



Social Worker

Care Team

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

www.va.gov/Geriatrics



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Step 1. Consider Needs

What do you need help with?

I need help to: *(Check any that apply)*

- Eat, get dressed, bathe, go to the toilet or get around the house.
- Do chores such as fixing meals, paying bills and shopping.
- Get care that requires a nurse or therapist.
- Check my blood pressure or blood sugar, keep track of medical visits or fill my pill box.
- Deal with my drug or alcohol issues.
- Deal with my mental health concerns.
- Make decisions and remember things I need to do.
- Do social things with family or friends.
- Other: _____

Who helps you?

I have help from: *(Check any that apply)*

- My spouse or partner.
- Family member or friend who lives with me.
- Family members or friends who come over to help me.
- Paid caregiver.
- I do not have any regular help.

Where do you want to live?

I want to live: *(Check only one)*

- In my home because that is the most important thing to me.
- In my home, if my health needs are met.
- In my home, but it is not best for me now.
- In a different home, but closer to VA services and supports.
- In a different place where I can receive more care.

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 Care
- 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?

People that help me make decisions about long term care are: *(Check any that apply)*

- | | |
|---|---|
| <input type="checkbox"/> Spouse or partner | <input type="checkbox"/> Nurse care manager |
| <input type="checkbox"/> Family member/friend | <input type="checkbox"/> Primary care provider (physician, nurse practitioner, physician assistant) |
| <input type="checkbox"/> Social worker/case manager | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Mental health provider | _____ |

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)

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Step 4. Take Action

- Use the www.va.gov/Geriatrics website
- 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
- 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: _____