

Making Decisions About Your Care

When you need to make a decision about your care your doctor or midwife are required to give you all of the information you need to help you make a decision that is right for you. This is called Informed consent.



Your personalised care and support plan is there to record your feelings and questions and support any discussions

Everyone is different. Your choices may be dependent on different factors e.g your personal history and circumstances

It is not ok to feel pressured into making a decision

Risks should be explained in a way that makes sense to you, such as percentage or probability eg. 1:100 or 1%

BRAIN can help you ask questions

B Benefits

What are the benefits? For me? For my baby?
Are there any benefits of not doing this?

R Risks

What are the risks this is trying to prevent?
What are the risks of doing this?

A Alternatives

Is there anything else we could try instead?

I Intuition

How do I feel about this?

N Nothing

Can this wait?
What happens if I choose to do nothing?



Decision Making Checklist

- ✓ Accurate and up to date information
- ✓ Easy to understand information
- ✓ Ask for more information if needed
- ✓ Ask for more time if needed
- ✓ Feel free to discuss with your support network before making a decision

Whatever you decide the doctors and midwives will support and care for you