

## Shared Accountability Guide

### Shared decision-making

People who are actively involved as **participants** in their own health and in making healthcare decisions have better health outcomes than people who are passive **recipients** of care.

Shared decision-making is providing people with information and treatment options relevant to their condition, allowing them to express their health goals and concerns, and collaboratively agreeing on a plan. When people have increased participation in their healthcare, they gain a greater understanding of their condition, why treatments are required, a better understanding of risk, and are more comfortable with decisions about their care.

