



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
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What can I do if my family and I disagree about my treatment plan?

Q: What can I do if my family and I disagree about my treatment plan?

A: In every family there are times when you all agree and times when you don't. Most families have patterns for how they solve problems. In some families, one person yells loudest and always gets his or her way. In some, people never say what they think. In others, family members talk through pros and cons and decide on a course of action they can all live with. If your family's pattern isn't working well for deciding your treatment plan, you may need to talk to others who can help—but in the long run, the decision must be the patient's.

Care plan meetings: Your clinic has "care plan" meetings with the doctor, nurse, dietitian, and social worker. Patients and families can ask to go to these meetings and talk with staff about how treatment is going, short and long-term goals, and questions or concerns. The staff can share how they think you're doing. Together you can make a plan for the future. Care plan meetings are a great chance to learn and communicate with all involved.

What I can do to resolve disagreements with my family over treatment:

- Gather all the information I can about my options and the pros and cons of each.
- Ask my clinic manager when my next care plan meeting is scheduled, ask to be included, and tell my family about it.

- Ask my social worker to help me share my thoughts with my family at the meeting.

- Make a list of questions to ask at the care plan meeting or family conference.

- Ask questions, voice concerns, and state my goals and wishes.

- Listen to what everyone says (and the feelings behind their words), be respectful, and stay calm if they say things I don't want to hear.