

Living with Risk: Decision Support Approach

4-STEP PROCESS

1) What is the older adult at risk of and who is concerned?

- What are the older adult, the caregiver and the clinician concerned about?
- Understand differences of opinions, and if present, power imbalances
- Determine onset, context, progression, cause and consequences

2) What is the older adult's risk status?

- Evaluate the older adult's risk status
- Consider the following factors for each concern to determine if risk is low , medium  or high 
 - **Capacity** : Is the older adult capable to make this health care decision?
 - **Occurrence** : Is the concern occurring now?
 - **Frequency** : If yes, how often does this concern happen?
 - **Likelihood** : How likely is this concern to occur?
- If occurring now or likely to occur:
 - **Likelihood** : How likely are the consequences to occur?
 - **Severity** : How severe would the consequences be?
 - **Immediacy** : How imminent are the consequences of this concern?
 - **Support** : Does the older adult have consistent reliable support in place?
 - **Complexity** : Are there other concerns occurring?

3) What can be done about the concerns?

- What are the wishes and goals of the older adult?
- What can be done about
 - **The concerns** : Prevent or decrease the frequency and modify or adapt the context.
 - **The causes** : Optimize the older adult's health, minimize impairments, leverage their strengths and adapt or modify their environments.
 - **The consequences** : Minimize the negative consequences, leverage the positive consequences, consider both the emotional & physical consequences.

4) How to have a conversation about risks and ways to address concerns?

- Communicate perceived risk status
- Discuss areas of agreement and disagreement
- Support priorities