



Checklist for Older Adults & Their Families: Making Safer Medical Decisions

Use this checklist before agreeing to surgery, treatment, or major medical investigations. It's designed to support safer, more informed choices - especially for older adults or those living with frailty.

- ☐ Have we been told whether this is urgent, or if it can safely wait?
- ☐ Do we fully understand all the options – including monitoring or doing nothing for now?

- ☐ Have we asked:

Will this help me/my loved one live better – or just longer?

- ☐ What are the specific risks or side effects for someone of this age and health?

- ☐ Have we been told what to expect in terms of recovery time, need for support, or potential complications?

- ☐ Have we asked for a frailty or fitness assessment to understand physical resilience?

- ☐ Have we talked about what a "good day" or "good quality of life" looks like for us?

- ☐ Are the risks of treatment greater than the risks of watching and waiting?

- ☐ Have we considered or asked for a second opinion, ideally from a geriatrician?

- ☐ Have we written down our questions and priorities and brought them to the appointment?

- ☐ Are we confident this decision reflects our values, goals, and comfort level?