



# 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.*

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- ☐ 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?