Advocacy and Shared Decisions - Concept brief

Understand the idea behind advocacy and shared decisions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Casey wants a personal goal included in a treatment review.

The idea

A person's expertise about their life belongs in care planning.

An ordinary example

Casey wants a personal goal included in a treatment review.

What this can look like

Prepare a meeting agenda with one priority, one concern, one question, and one request for a shared decision.

Check the fit

What would show that your preference influenced the plan? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A personal recovery goal and a symptom-management strategy serve related but different purposes; the person defines what a meaningful life includes.

Reflection

What would show that your preference influenced the plan?

Scope and adaptation

Original IMR-informed companion exercises, not the official IMR manual, fidelity assessment, or complete IMR program. Use collaborative clinical assessment and existing care plans. Do not change medication independently, challenge distressing beliefs through confrontation, or use worksheets to determine urgency. Increased or concerning symptoms need appropriate clinical assessment.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Illness Management and Recovery Evidence-Based Practices KIT. Full source links and scope: library.morethantherapy.org/recovery/resources/IMR-A18-1