



Decisions



Options



Next steps



Support

Some things to yarn about

**Choose a place to start
the conversation**



Take a break



**Family or
Friends**



**Weigh up
the odds**



**Ways of
knowing being
and doing**

**See your GP if you have questions or
concerns about your Heart Health**

This tool uses the “Finding Your Way” model of shared decision making to guide conversations about cardiovascular disease prevention. It was codesigned with input from Aboriginal And Torres Strait Islander Health Workers/Practitioners and community members. See the “Finding Your Way” guide here: www.aci.health.nsw.gov.au/shared-decision-making

This resource was developed by the CHAT-GP team at The University of Sydney and the Enhancing Chronic Disease Care Team at The Australian National University.

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