

# idecide tool

Simplify the decision-making process during pregnancy and birth with idecide



## IDENTIFY URGENCY

Do I need to act right now?  
What happens if I wait?



## DETAILS / DEMAND

What is happening?  
What do I need to know?



## EXCHANGE

My expectations, boundaries and thoughts.  
Health teams' experience / knowledge.



## CHOICE

Supports my rights, culture and intuition.  
Health teams' evidence / advice considered.



## IDEAS

I share my thoughts and seek information if I need it.  
I am safe and supported.



## DECIDE

The decision is mine.  
It can be now or later.  
It is recorded but I can change my mind.



## EXPERIENCE

I can report my honest experience in an online survey.  
I can complain and escalate issues.  
If I need help and support I can contact Maternity Consumer Network.