

SHARED DECISION MAKING FOR PERSON-CENTRED CARE



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EXECUTIVE SUMMARY

On May 5th-6th, 2026, 24 members of the Not Deciding Alone Steering Committee met in Ottawa at Carleton University and Tungasuvvingat Inuit to review progress and plan next steps for their research. Members traveled from 4 Nunavut communities, Toronto, and Ottawa-based organizations. The research aims to improve health care experiences for Inuit and care providers through use of shared decision making for person-centred care.



MAY 5-6, 2026 • OTTAWA, ON

INTRODUCTION

Person-centred care is defined as an approach in which people facing health issues are treated as valued partners in their care. The approach facilitates accessibility and improves opportunities for people to fully participate in care and access services. Shared decision making is an evidence-based way to practice person-centred care. The Not Deciding Alone team is working to develop resources and training materials to support care providers to use shared decision making, to enhance opportunities for Inuit to participate in their care.

RESEARCH OVERVIEW

The study: **"Aajiiqatigiinni: A field-test of shared decision making education for healthcare providers who work with Inuit"** is a research project funded through the Canadian Institutes of Health Research #178034.

DISCUSSION

The group worked on four activities. First, they continued work on the development of an immersive virtual reality (VR) experience that depicts an Inuit family navigating medical travel for the first time. They worked on case study examples to show how shared decision making can be used in care systems. They continued their work on a study conducted to understand the experiences of care providers to support Inuit in their care journeys and participated in analysis of the interviews that will be developed into a co-authored publication. Finally, they held a discussion about the research co-production approach with our team, that will also be developed into a co-authored publication.

CONCLUSION

Not Deciding Alone aims to share knowledge and advance person-centred care through shared decision making. The team is building an evidence base through publications, presentations, and resources that support Inuit participation in care. Current work includes developing training for care providers to strengthen how they support Inuit in health care decisions.