

Make Sense of It: Treatment Decision Buddy FAQs

1. What is Make Sense of It?

Make Sense of It is Tackle Prostate Cancer's treatment decision support programme for people who have recently been diagnosed with prostate cancer and are thinking through their treatment options.

We will match you with a trained Treatment Decision Buddy who has lived experience of prostate cancer and understands how overwhelming this stage can feel. They are there to help you think things through, prepare for conversations with your clinical team, and feel more confident about making the decision that is right for you.

2. What does a Treatment Decision Buddy actually do?

Your buddy is there to listen, support and help you "think out loud". They can help you explore what matters most to you, what questions you might want to ask your doctor or nurse, and where to find reliable information about treatment options and possible side effects.

They are not there to tell you what to do. They will not give medical advice or offer an opinion on which treatment you should choose. Their role is to walk alongside you, not to make the decision for you.

3. Who are the buddies?

Our Treatment Decision Buddies are trained volunteers with lived experience of prostate cancer. They have completed training in listening, coaching skills, confidentiality, safeguarding, signposting and supporting people to prepare for medical consultations. They understand that every person's situation is different, and they will support you in a respectful, confidential and non-judgemental way.

4. How many times will I speak to my buddy?

Most people will speak to their buddy around **one to three times**, depending on what feels useful and where you are in your decision-making process. Sessions are usually up to an hour and can take place by phone, online or, where possible, face to face.

The aim is to give you support at the right time, so you feel better prepared for appointments and more able to make a timely treatment decision.

5. Is it confidential?

Yes. What you share with your buddy is treated confidentially. The only exceptions would be if there was a serious concern about your safety, someone else's safety, or something illegal or unethical. Your buddy will treat you with respect and dignity, and you can stop the buddying relationship at any point if it no longer feels right for you.