

# The Difference Between Advance Directives and POLST

## **POLST:**

- For seriously ill/frail individuals
- Any age
- Physician order for specific medical treatment
- Can be signed by surrogate decision maker

## **Advance Directives:**

- Appoints a medical decision maker
- For anyone 18 years or older
- General instructions for medical treatment
- An advisable document

## **Additional FAQs**

The POLST was designed to complement the Advance Directive. An individual can have both an Advance Directive and POLST. The POLST can prevent unwanted or medically ineffective treatment.

