

## Comparing Advance Directives and POLST

This chart gives an overview of some key differences between advance directives and POLST forms:

	Advance Directives	POLST Form
<b>What is it?</b>	Legal Document	Medical Order
<b>Who should have this document?</b>	All adults	Anyone (regardless of age) who is seriously ill or frail
<b>Why would I need this?</b>	<ul style="list-style-type: none"> <li>To tell others who you want to make medical decisions for you, if you can't communicate</li> <li>Tell others what medical treatments you would want, your values, what you care about.</li> </ul>	<ul style="list-style-type: none"> <li>Order providers to give specific treatments during an emergency</li> <li>Supports the patient across care settings</li> </ul>
<b>Who fills it out?</b>	The individual	Health care professional (after discussion with patient)
<b>Can I use it to appoint my surrogate?</b>	Yes	No
<b>Can emergency responders use it?</b>	No	Yes—It tells them if the patient was CPR and if the patient wants to go to the hospital
<b>Is the document easily found?</b>	Not always. Be sure you give a copy of your advance directive to your provider and surrogate.	Yes. You have a copy, your provider has a copy, and it may also be in a registry.