

What is the difference between an Advance Directive and a POLST?

Advance Directive: a legal form	POLST: a medical order
For healthy people 18 and older.	For people with serious illness or who are older and frail and may or may not want all treatment.
It is not a medical order and cannot be followed in an emergency.	This is a medical order decided by you and signed by your doctor.
You give basic instructions about the care you would like in the future. And you choose someone to make medical decisions for you if you are not able to speak for yourself.	You state what treatments you want and do not want. Emergency and other medical staff must follow these instructions.
You can fill it out on your own.	You fill it out with your doctor or nurse practitioner.
You can change it at any time on your own.	You and your doctor can change your POLST at any time.
It is up to you to make sure it is available if it is needed.	It becomes part of the Oregon POLST Registry. This means that medical staff can quickly access your medical orders in an emergency.

*Visit www.oregonhealthdecisions.org to learn more about an Advance Directive