### Key differences between Advance Directive and POLST

<table>
<thead>
<tr>
<th>Advance Directive</th>
<th>POLST</th>
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<tbody>
<tr>
<td>A Voluntary Legal Document</td>
<td>A Voluntary Medical Order</td>
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- **Advance Directive**
  - For all adults **regardless of health status**
  - at any age, starting at age 18
  - 1) Appoints a legal decision-maker
  - 2) Memorializes values and preferences
  - 3) Is signed by the patient
  - Provides for theoretical situations in which a person may not have capacity for decision making.
  - Guidelines for imagined future situations which may arise and for which a person may have preferences for a particular kind of care plan.

- **POLST**
  - For those with advanced illness, or frailty, or a limited prognosis
  - at any age, depending on health status
  - Is a **specific medical order** and is signed by a Health Care Professional.
  - Provides for likely events that can be foreseen.
  - Specific medical orders addressing defined medical interventions for situations that are likely to arise given the patient’s health status and prognosis.