

## What's the Difference Between an Advance Directive and a POLST?

|  | <b>POLST*</b>                             | <b>Advance Directive</b>                            |
|--|---|---|
| Age Requirement  | For any age                               | For age 18 and older                                |
| Who can use it?  | Only those who are seriously ill or frail | Anyone regardless of current health                 |
| How is it used?  | To direct immediate medical treatment     | To direct future decisions about medical treatments |
| Tells EMTs and hospitals what medical treatments can be used in an emergency | YES                                       | NO  |
| Guides patient treatment when staying in a facility or hospital              | YES                                       | YES   |
| Appoints someone to make health care decisions on your behalf                | NO  | YES   |

Source: [Daily Caring](#)

\* Physician Order for Life Sustaining Treatment