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.

www.talkaboutwhatmatters.org

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