

## 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