

# The Difference between Advance Directive and POLST



<p>* Doctor means someone who can sign a POLST. <i>POLST can be signed by a physician, nurse practitioner or physician assistant.</i></p>	<p><b>ADVANCE DIRECTIVE</b> Specific health care measures a person may want.</p>	<p><b>POLST</b> (Portable Orders for Life-Sustaining Treatment)</p>
<p><b>Who is it for?</b></p>	<p>Everyone 18 and older.</p>	<p>People with a serious illness or who are very old and frail.</p>
<p><b>What kind of document is it?</b></p>	<p>It is a legal document.</p>	<p>It is a medical order.</p>
<p><b>Who signs it?</b></p>	<p>You fill it out and sign it. Also, your health care representative signs it and witnesses or a Notary.</p>	<p>Your doctor * fills it out with your input. Then signs it.</p>
<p><b>Do I need a lawyer?</b></p>	<p>No.</p>	<p>No.</p>
<p><b>Who keeps the form?</b></p>	<p>You keep the original where loved ones can find it. You give a copy to your health care representative and your doctor.</p>	<p>Your doctor's office keeps it and enters it into the electronic Oregon POLST Registry. They give you a copy that you post at home in a visible place like the fridge.</p>
<p><b>Can I change the form if I change my mind?</b></p>	<p>Yes. You can tear up the old one. Then write a new one where loved ones can find it. You give a copy to your health care representative and your doctor.</p>	<p>Yes. You can ask for an appointment that your doctor to change it.</p>
<p><b>What if there is a medical emergency and I cannot speak for myself?</b></p>	<p>Your health care representative speaks for you and honor your wishes.</p>	<p>The ambulance staff, hospital staff and doctors look for medical orders in the electronic data base and follow them.</p>

**More information about Advance Directives at**

[www.yellowhawk.org/additional-services](http://www.yellowhawk.org/additional-services)

