



Advance Care Planning helps ensure an individual’s treatment preferences are documented, regularly updated, and respected. There are two documents used to record these preferences: Advance Directives and Physicians Orders for Scope of Treatment (POST)*. These two documents differ in many ways; however, they can work together.

Advance Directive:

- A guide for health care providers about the type of care you would want in future medical situations.
- Goes into effect only if you are unable to communicate or make decisions for yourself.
- Includes two parts: Durable Power of Attorney for Health Care (Health Care Agent) and Living Will for Health Care.

Physician Orders for Scope of Treatment (POST)*: specific medical orders about life-sustaining treatments that are honored by health care workers during a medical crisis.

** The names of similar forms in different states vary: POLST (Physicians Orders for Life-Sustaining Treatment) MOLST (Medical Orders for Life-Sustaining Treatment); MOST (Medical Orders for Scope of Treatment)*

Advance Directive: A legal form	Idaho POST*: A medical order
For anyone 18 years and older	For anyone (at any age) with a serious illness and/or limited life-expectancy who wishes to specify life-sustaining treatments they do or do not want
Provides instructions for future health care treatments based upon your values and goals	Medical orders that address life-sustaining treatments (i.e. nutrition/hydration, help with breathing, CPR) based on your values, goals and current health status
Identifies a health care agent	Does not identify a health care agent
NOT a medical order—does not guide emergency medical personnel	Provides medical orders to be followed by emergency medical personnel and other medical staff
Can be completed on your own	Must be completed with your medical provider
Requires only your signature (witnesses/notary may be required in other states)	Requires a medical provider’s signature in addition to your signature (or your health care agent’s signature)
Can be revoked or changed at any time	Can be revoked at any time (let your medical provider(s) know) Can also be changed at any time in consultation with your medical provider(s)

Remember: Make sure advance directives and POST forms are kept in a safe and accessible place (i.e. with health care agents, medical providers, Idaho Secretary of State Health Care Registry, etc.).

POST forms should be accessible at all times for use by emergency medical personnel.