



## **Healthcare Power of Attorney Advance Directive Physicians Orders for Life Sustaining Treatment**

### **What is a Healthcare Power of Attorney?**

Power of attorney for health care is a special type of power of attorney that names an agent to make health care decisions for a person that is unable to do so. It is the Healthcare Power of Attorney's responsibility to carry out the wishes of the person.

### **What is an advance health care directive?**

An advance health care directive is a document that gives instructions regarding his or her health care. These instructions usually cover topics such as choice to prolong life, artificial nutrition and hydrations and relief from pain. An advance health care directive may or may not include a power of attorney. Advance Directives do not require a notary. The signature of two witnesses who are not named in the document and are not related to the person by blood, marriage or adoption. The witnesses must be present when the person signs the Advance Directive and they attest to the fact that the person appears to be of sound mind and under not duress, fraud or undue influence.

### **What is a Physicians Order for Life Sustaining Treatment (POLST)**

POLST is a physician's order that specifies the types of treatments that a patient wishes to receive at the end of life. It covers CPR, medical interventions and artificially administered nutrition. It is quickly understood by all providers, including first responders and emergency medical services. As a result, the person's wishes can be honored across all settings of care.