

- **Advance Directive**

A broad term that encompasses all legal documents that instruct a person's healthcare providers and family members about their medical care preferences in the event of incapacity. Includes such things as identifying your health care agent, treatment for chronic conditions, emergency situations, and organ donation. The Five Wishes Document is an example of an advance directive. <https://www.fivewishes.org/for-myself/>

- **Living Will**

A written document that specifies a person's wishes regarding medical treatment at the end of life, such as life-sustaining measures like artificial respiration or feeding tubes.

- **MOST**

MOST stands for **Medical Orders for Scope of Treatment**. This is a nationwide program that DC participates in. The document provides guidance to first responders (EMS), treating physicians, and ER personnel as to your wishes at the time of a life-threatening emergency or illness. It is not as inclusive as an Advanced Directive. <https://dchealth.dc.gov/most>

- **POLST and MOLST**

MOLST and **POLST** are both acronyms for medical orders that specify a patient's treatment preferences. They are the same thing, but different states use different names. MOLST stands for Medical Orders for Life-Sustaining Treatment. POLST is Physician Orders for Life-Sustaining Treatment. Generally provided when you have a serious health condition.