

## To learn more, ask your physician

### POST and other Advance Directives.

Adults are encouraged to appoint a Healthcare Power of Attorney or Representative. This person



will speak for you if you can no longer speak for yourself.

It is important that you talk with this person and

your family about your preferences. Conversations like these will help you get the treatment you prefer.

If you are seriously ill and can no longer speak for yourself, your Healthcare Power of Attorney, Representative, or a court appointed guardian can discuss POST with your physician and sign one on your behalf.

- POST is for seriously ill and frail adults. Not all adults need a POST.
- POST describes your preferences about certain medical treatments in your *current* state of health.
- POST is a signed medical order that healthcare providers follow in a medical crisis.
- POST goes where you go – at home, the hospital or long-term care facility.

### For additional information:

Indiana Patient Preferences Coalition  
[www.IndianaPOST.org](http://www.IndianaPOST.org)

Indiana State Department of Health  
[www.in.gov/isdh/25880.htm](http://www.in.gov/isdh/25880.htm)

National POLST Paradigm  
[www.POLST.org](http://www.POLST.org)

Developed by  
The Indiana Patient Preferences Coalition

## Physician Order for Scope of Treatment



Do you have a serious health condition?

Make your treatment preferences known.

**Give yourself peace of mind and lift a burden from those you love.**

### **POST: What is it?**

POST (Physician Order for Scope of Treatment) records your preferences as medical orders. POST lets health care providers know what treatment you do or do not want in a medical crisis. You and your physician sign your POST only after talking together.

### **Is it required?**

No. Completing a POST is always voluntary.

### **POST: How is it used?**

In an emergency, paramedics, EMTs, nurses and physicians follow your POST orders. They do not have to guess what you want.



POST orders document what treatments you prefer now - in your current state of health. With a POST you can say you prefer all efforts made, or some, or none.

### **Where do I keep my POST?**

Your POST should go where you go. If you live at home, keep it with your medications. If you live in a facility, keep it in your medical record.

### **What if I change my mind?**

You can always change your mind. If your preferences change, let your healthcare providers know. You may need a new POST.

### **When would I want a POST?**

POST is for people with advanced chronic progressive disease, advanced chronic progressive frailty, or terminal conditions who want to make sure their treatment preferences are honored. It is also for people who are unlikely to benefit from resuscitation.

POST is not for everyone. Most 65-year-olds are too healthy for a POST.



### **What if I'm too healthy for a POST?**

You should have an Advance Directive to document your preferences. When you are sicker or more frail, you - or the person who speaks for you - should consider the right time for a POST.

In Indiana, you have choices for advance care planning. Information on the ISDH website is helpful. You can also talk with your health care provider or attorney about which options are best for you.