




Advance Care Planning Documents

Advance care planning is one way Allina Health supports you as your partner in health care throughout your life. Talk with your health care provider if you want more information about advance care planning or visit allinahealth.org/acp.

	Whom it's for	What it covers	Who completes it	How it's validated
<p>Health care directive</p> <p>You write down your health care choices, choose a person to make decisions when you can't, or both.</p>	<p>All adults (healthy or ill)</p> 	<p>Your goals and preferences</p> 	<p>You</p> 	<p>You sign it along with 2 witnesses or 1 notary (Minnesota only)</p> 
<p>POLST (provider orders for life-sustaining treatment)</p> <p>A provider writes medical orders about your health care choices.</p>	<p>Any adult who has a serious illness, can't make decisions, or doesn't want CPR</p> 	<p>Medical orders</p> 	<p>Your doctor</p> 	<p>Your doctor and you sign it</p> 
<p>Serious illness conversation</p> <p>A provider talks with you about your goals, wishes and plans for the future.</p>	<p>Any adult who has a serious illness</p> 	<p>Your goals and preferences</p> 	<p>You and your doctor</p> 	<p>Your doctor documents it in your medical record</p> 