1. Yes, the policy makers will present their policy prescriptions to increase real output differently than if the economy was far from potential output. To understand this clearer Potential output is the highest level of real gross domestic product that can be sustained over the long term.  So if the economy was close to high potential output policymakers will present  their policy prescriptions to increase. But if the economy was far from potential output the government can use fiscal policy to increase spending's to close the gap and this would stop the economy going into a downward fall or a recession.
2. I think that the poor benefit less than the rich when there is economic growth. I say this because if there is economic growth real income goes up and suppliers see this they are going to mark up their prices because more people can afford it. Therefore the people who are less financially well will not be able to afford that many  services or goods. However this is the opposite when it comes to the more well people if there income goes up they would still be able to afford the goods and services they want. Having said that an example is in 2019 when our economy was doing great interest rates were low people were spending money however the cost of living went up and so did other things. The people who could afford it it was not a problem for them, but for the poor the cost of living and buy goods was expensive for them and I think that's why the poor benefit less than the rich do when it comes to economic growth.