

LifeBook

An easy and safe way to record
the practical details of your life



What is a LifeBook?

A A K, B A K L B

L B I'

B ' L B I

F K E

How to use the Age UK LifeBook

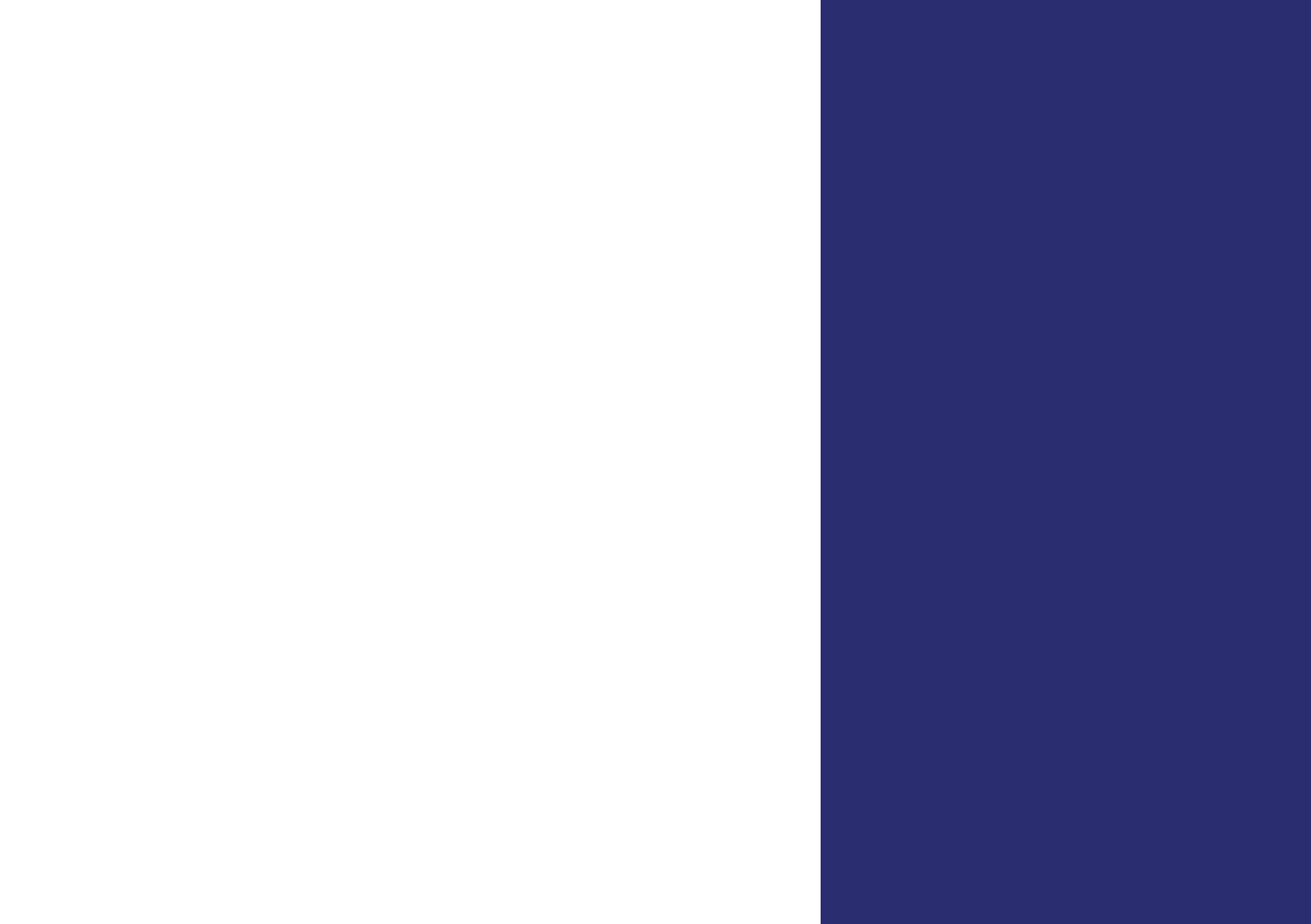
Mr. Fred Astaire
Mrs. Betty

Personal details

Home

Life contacts

David
H. I. K. 011-11





Your children, parents, dependants or other close family

F			
L			
B			
A			
P			
C			
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Your close friends

F		
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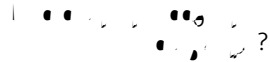
Note below where you keep your address book or other contact list:

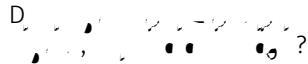
Your medical or health conditions that might be important for people to know

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Life contacts

You probably have many people around you who form part of your life. These may include people such as your doctor, your spiritual leader or a club secretary. It can be extremely helpful to have details of all these people recorded in one place.

As well as individuals, there'll be a range of contacts (e.g. local shops and services) you could record in your LifeBook. Also, if you are employed, or undertake voluntary work, these might be as useful to record as your membership of clubs and organisations such as trade unions.

Including a list of general local contacts, such as local police and emergency contact numbers for utility companies, can be extremely helpful. Most people have different details tucked away in various cupboards and drawers, but having them compiled in one place is what makes this record so useful.

Key health contacts

It's important to have a record of your key health contacts. This includes your GP, dentist, optician, pharmacist, and any other health professionals you see regularly. It's also a good idea to have a record of any health conditions you have, and any medications you are taking.

Having a record of your key health contacts can be helpful in a number of ways. It can help you to keep track of your health, and it can be useful if you need to see a health professional for any reason. It can also be helpful if you are planning to travel abroad, as you may need to show your health records to a doctor in another country.

There are a number of ways to keep a record of your key health contacts. You can keep a list in a notebook, or you can use a computer program. There are also a number of online services that can help you to keep a record of your key health contacts. Whichever way you choose, it's important to keep your record up to date.

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Local traders

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C

C

N


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C



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C

Organisation contacts ()



C 

N 



C 

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Others ()

C ()

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Useful telephone numbers

L ()

D ()

I ()

()

G ()

0800 111 999

E ()

L A K
A C

A K
()

0800 169 6565

L ()

C A
B

L ()

Financial

This is where you can put all your financial information together in one place. It will allow you to keep track of your different financial arrangements and also help your family or trusted person to look after your affairs should the need arise.

Please remember not to record PIN numbers or key security information of any sort.

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Credit and store cards (do not list card numbers)

I

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Notes of other regular payments

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Where do you keep documents relating to all these affairs?

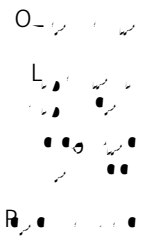
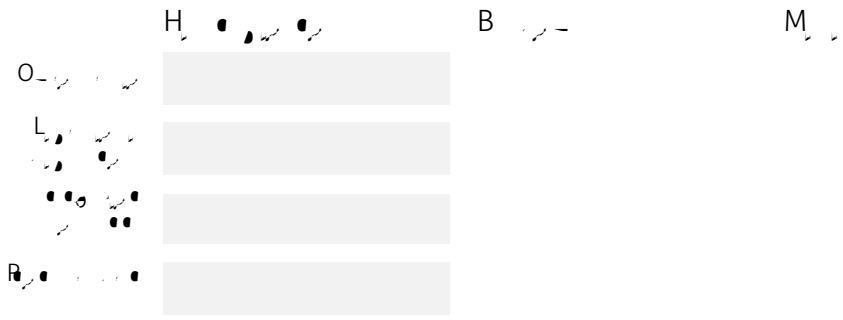
Utility and key suppliers and accounts

	2019	2020
Electricity		
Gas		
Energy		
Water		
Miscellaneous		
Insurance		
Car / Van		
Cell phone		
Leasehold / Freehold		

AAK' – Save energy, pay less

CAA KA L 0800 169 6565.

Insurance policies



Documents

As you go through life, you might collect a large number of legal documents along the way,

Location

Executor(s)/attorney/nominated person

I

[Empty form box for Location]

[Empty form box for Executor(s)/attorney/nominated person]

A P

[Empty form box for Location]

[Empty form box for Executor(s)/attorney/nominated person]

L

[Empty form box for Location]

[Empty form box for Executor(s)/attorney/nominated person]

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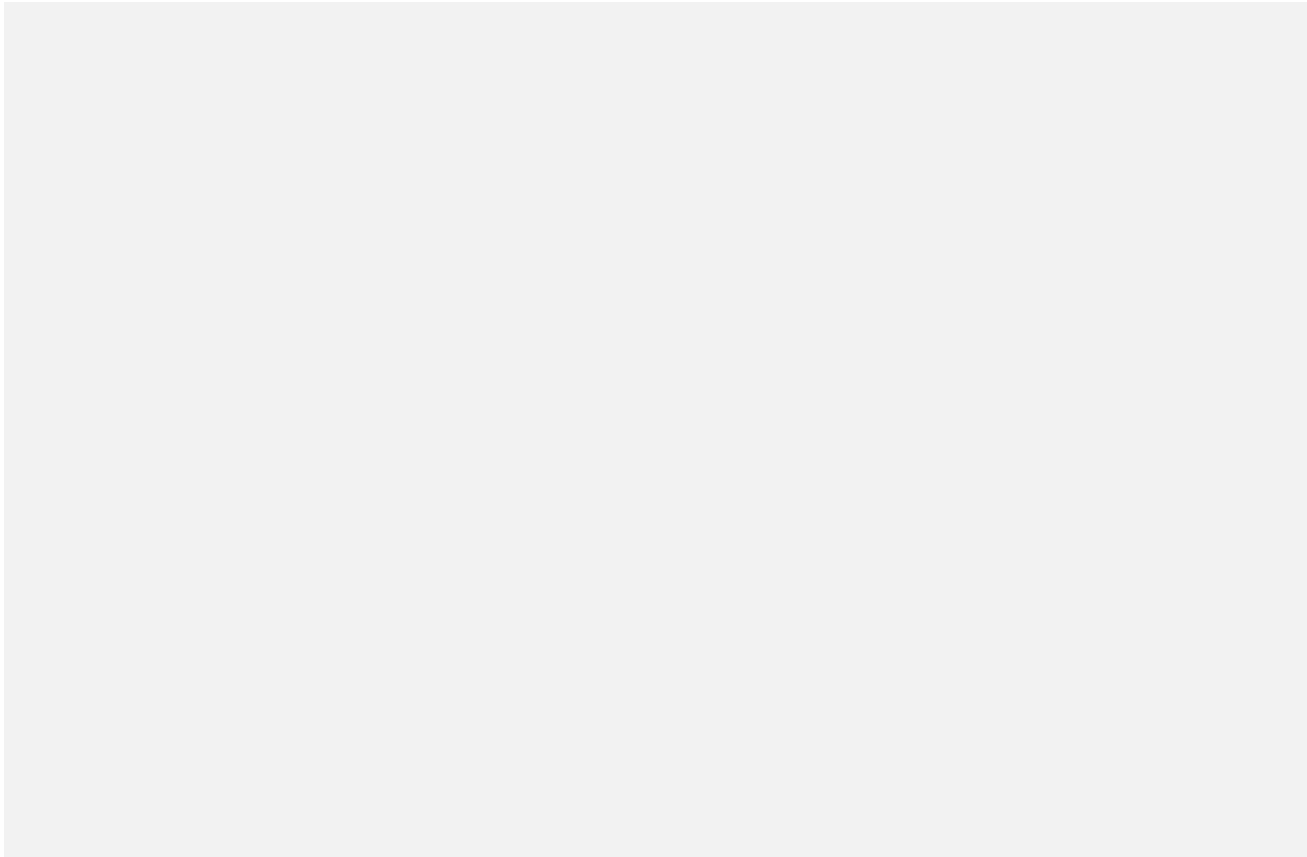
G

Significant possessions

I have a collection of vintage records, a leather-bound book, and a pair of antique glasses. These items hold great sentimental value for me, as they remind me of my childhood and the people I love. I also have a few rare coins and a small collection of stamps, which I've spent years researching and collecting.

My most treasured possession is a family heirloom, a diamond necklace that has been passed down through three generations. It's a symbol of our family's history and the love that has kept us together through the years. I also have a few pieces of modern art, which I've collected over the years and which I love to display in my home.

I. $\int_{-\infty}^{\infty} \delta(x) f(x) dx = f(0)$



Cremation

I would like my ashes to be _____

I would like my ashes to be _____

I would like my ashes to be _____

Please _____
_____ I _____

I would like my coffin to be _____ ()

_____ ()

I would like my body to rest _____

I would like my body to be _____
_____ embalmed _____

I would like my body to be _____ dressed _____

I would like my funeral to be conducted by _____
route _____

M _____

I would like my funeral to be conducted by:

N _____

I would like the following at my funeral

M

[Redacted]

R

[Redacted]

P

[Redacted]

I would like an announcement

[Redacted]

I would like an announcement

[Redacted]

[Redacted]

I would like to invite family members and friends

[Redacted]

N

[Redacted]

I would like to invite

N

[Redacted]

I would like to invite

Flowers or donations

I would like to receive

I would like to receive

[Redacted]

I would like to receive

N

[Redacted]

F
A
K

0800 077 8751

Leaving a message

.....

M....., I.....P.....
'I.....' I.....P.....

.....

You could help ensure that years from now, older people can get the support they need

1. **A. K.** ... **F.** ...

2. ...

3. ...

