LifeBook

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

Age UK

What is a LifeBook?

A A K, . B A K L B , .

L B . I ' .

B ' . L L B . I , .

F . L . K . E .

How to use the Age UK LifeBook

M B
I F A
LifeBook :

Personal details

H

Life contacts

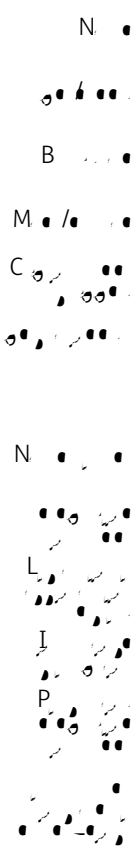
D

H I K

Your children, parents, dependants or other close family

F			
L			
B			
A			
P			
C			
M			
E			

Your pets



Your close friends

F		
L		
B		
A		
P		
C		
M		
E		

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

D :

D ?

A ?

I ?

?

D ?

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

Home contacts

Local traders

C		
N		
C		
N		
C		
N		

Organisation contacts

Others

C

N

C

N

C

N

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.

Credit and store cards

(do not list card numbers)

Notes of other regular payments

Where do you keep documents relating to all these affairs?

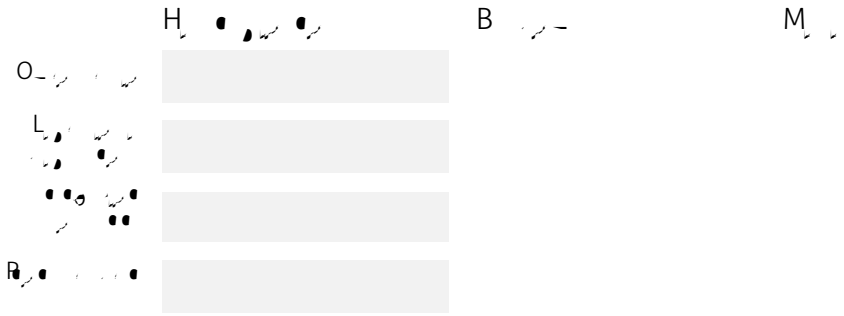
Utility and key suppliers and accounts

G		
E		
M		
C /		
C		
L /		

Save energy, pay less

0800 169 6565.

Insurance policies



Documents

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

Your will

A Power of Attorney (PoA)

	Location	Executor(s)/attorney/nominated person

A
I

D ?

C

A

(3)

P

C

A ?

I

?I

:

I ?

L

D ?

H

	1	2
N		
M		
P		
L		
G		

Significant possessions

Final wishes

This section of the Age UK LifeBook is the ideal place for you to include your thoughts and wishes for the time when others will have to administer your affairs.

What will undoubtedly be a difficult time for your loved ones can be made so much easier if they know what arrangements you would have liked.

Funeral wishes

N . A . I . J . I .

I :

N

D O D C ? N

Would you like a funeral service? N

I / / ?

I ?

D ?

I would want to be

B C

Burial

I /

I /

I / / ?

P .

Cremation

I would like my ashes to be

I would like my coffin to be

I would like my body to rest

embalmed

dressed

route

I would like my funeral to be conducted by:

I would like the following at my funeral

M

R

P

I **announcement**

I

N

N

I **family members and friends**

:

N

I I'

N

I I'

Flowers or donations

I

I ?

I C :

N C

F

A K

0800 077 8751

Special request

Other wishes

Leaving a message

About Age UK

K [illegible] .B A K [illegible] , [illegible] .

[illegible] A K A L [illegible] :

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

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