

LifeBook

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

What is a LifeBook?

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B ' L. B I

F K E

How to use the Age UK LifeBook

Mr. Fred Astaire. B. LifeBook.

Personal details

Home

Life contacts

Home. I. K. 0-1.1. 0.





Your children, parents, dependants or other close family

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B			
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P			
C			
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E			

Your pets

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I		
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Your close friends

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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 list of key health contacts in your LifeBook. This should include details of your GP, dentist, optician, pharmacist, and any other health professionals you see regularly. It should also include details of any hospitals or clinics you visit, and any health professionals you see for specific conditions or treatments.

Having this information in one place can be extremely helpful in an emergency, or if you need to refer to it for any other reason.

It's also a good idea to have a list of key health contacts for your family and friends. This can be helpful if they need to contact you or if you need to contact them.

Having a list of key health contacts in your LifeBook can be a great way to keep all your important information in one place. It's a simple but effective way to make sure you have what you need when you need it.

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Local traders

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
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Organisation contacts ()




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C 

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Others ()

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C ()

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C ()

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Useful telephone numbers

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E ()

L A K
A C

A K
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L

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L

0800 111 999

0800 169 6565

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)

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Notes of other regular payments

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Where do you keep documents relating to all these affairs?

1. The company has a number of key suppliers and accounts. The following table provides a summary of the key suppliers and accounts. The table is divided into two columns: 'Supplier/Account Name' and 'Details'. The 'Supplier/Account Name' column lists the names of the suppliers and accounts, and the 'Details' column provides information about the nature of the relationship and the value of the transactions.

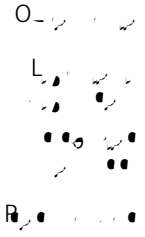
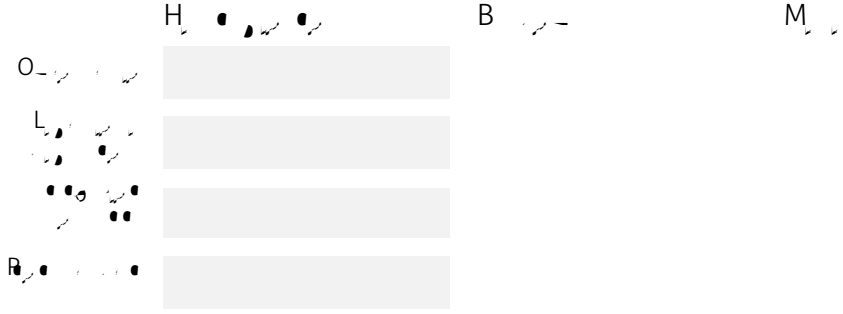
Utility and key suppliers and accounts

Supplier/Account Name	Details	Details
Electricity		
Gas		
Water		
Telecommunications		
IT Services		
Construction		
Professional Services		
Marketing		
Legal		
Accounting		

•• A •• K' •• – •• Save energy, pay less

C •• A •• K A •• L •• 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 legal document that states how you want your assets distributed after you die. It can also name a guardian for your children.

A Power of Attorney (PoA) • A legal document that gives someone else the authority to act on your behalf. It can be used for financial, healthcare, or legal matters.





Location

Executor(s)/attorney/nominated person

I

Empty form box for Location (I)

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

A P

Empty form box for Location (A P)

Empty form box for Executor(s)/attorney/nominated person (A P)

L

Empty form box for Location (L)

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

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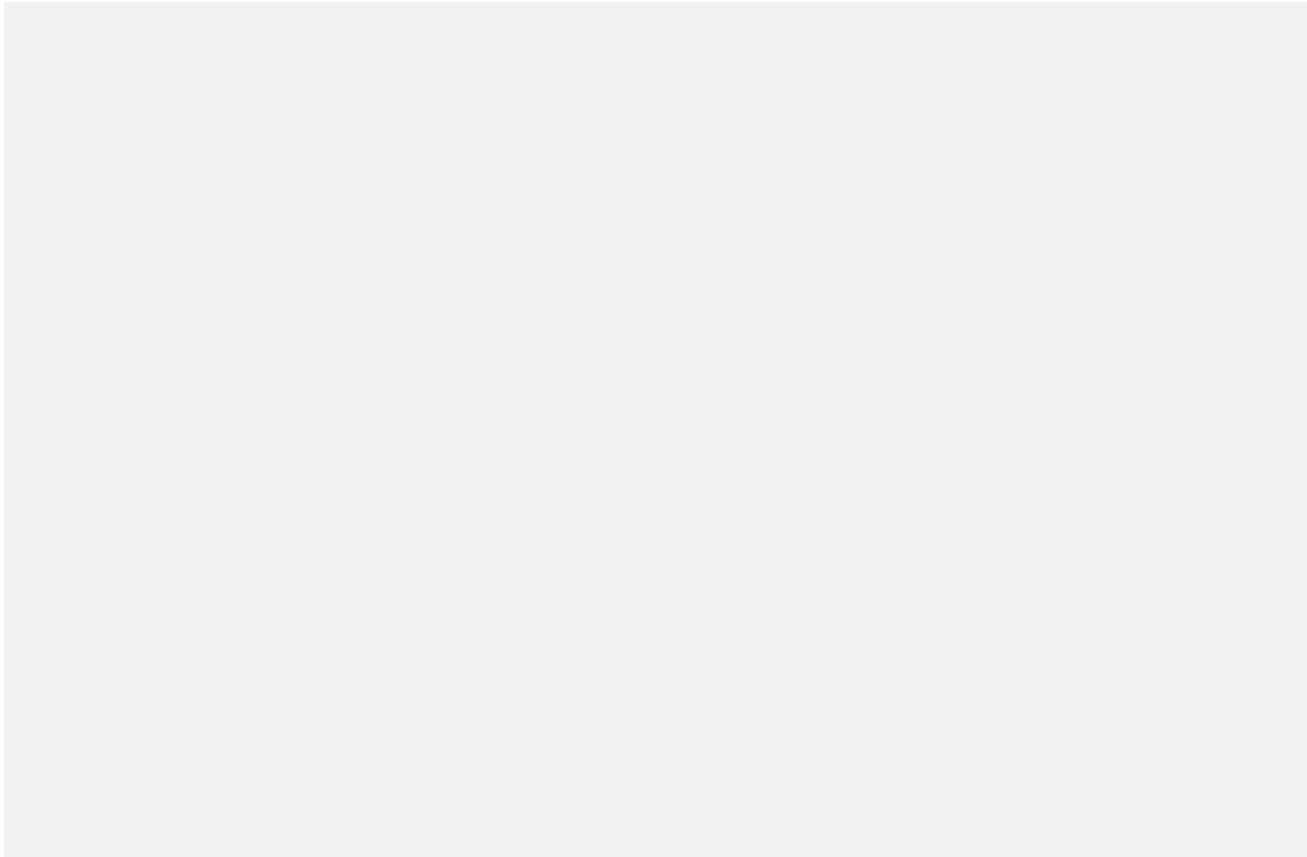
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Significant possessions

I have a collection of vintage records, a leather-bound book, and a pair of antique pocket watches. These items are not only valuable but also hold sentimental value for me.

My grandfather's pocket watch is particularly special, as it was passed down to me. It serves as a reminder of his wisdom and the lessons he taught me.

I. $\frac{1}{2} \int_0^1 (x^2 + 2x + 1) dx = \frac{1}{2} \left[\frac{x^3}{3} + x^2 + x \right]_0^1 = \frac{1}{2} \left(\frac{1}{3} + 1 + 1 \right) = \frac{1}{2} \left(\frac{4}{3} \right) = \frac{2}{3}$



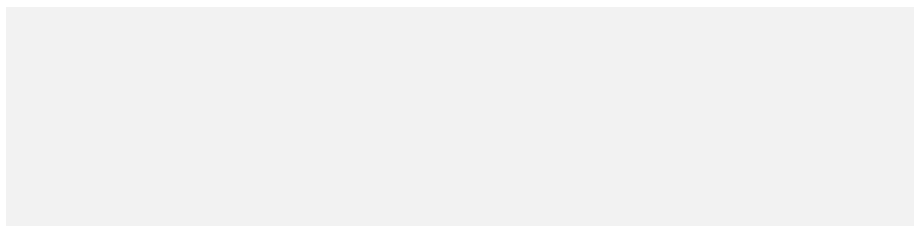
Final wishes

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

Funeral wishes



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I

D

N

I would want to be

B C

Burial

I

D O D C ? N

Would you like a funeral service? N

I

I

I

I P

Cremation

I would like my body to be cremated

I would like my body to be cremated

I would like my ashes to be

scattered buried kept in an urn

Please provide details of your preferred method of disposal of your ashes. I would like my ashes to be scattered buried kept in an urn

I would like my coffin to be ()

made of wood made of metal

I would like my body to rest

in a coffin in a casket in a vault

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

[Redacted]

N

[Redacted]

Flowers or donations

I would like to receive flowers

I would like to receive donations

[Redacted]

I would like to receive donations

[Redacted]

F
A
K

0800 077 8751

Special request

I would like to see the following items in the collection:

Other wishes

Leaving a message

• The message is left in the mailbox of the recipient.

• Messages are stored in the mailbox in the order they were received. If the mailbox is full, the sender will receive an error message. If the mailbox is full, the sender will receive an error message. If the mailbox is full, the sender will receive an error message.

• The sender will receive an error message if the mailbox is full.

About Age UK

Age UK is a charity that provides support and services for older people. It is a national charity that works across the UK to help older people live well and safely. Age UK is a registered charity with the Charity Commission and is a member of the Age UK Group.

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

At the moment, the government is spending £1.5 billion a year on care homes. But by 2030, that could rise to £10 billion a year. That's because the number of people aged 85 and over is expected to rise from 1.5 million in 2018 to 2.5 million in 2030. And the number of people aged 75 and over is expected to rise from 4.5 million in 2018 to 6.5 million in 2030. So the government is going to have to spend a lot more money on care homes in the future. But that's not necessarily the best way to do it. There are other ways to help older people, like providing more care at home. And that's what we should be doing. We should be investing in care at home, not just care homes. We should be investing in care at home, not just care homes. We should be investing in care at home, not just care homes.

