

# LifeBook

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



# What is a LifeBook?

A LifeBook is a collection of photos, letters, and other mementos that tell the story of a person's life. It is a way to preserve memories and share them with others. LifeBooks can be created for anyone, from children to the elderly. They can be as simple as a photo album or as elaborate as a multi-volume set. LifeBooks are a great way to celebrate a life and pass on wisdom and experiences.

LifeBooks can be created in many ways. Some are printed and bound, while others are digital. They can be as small as a pocket-sized album or as large as a multi-volume set. LifeBooks can be created for anyone, from children to the elderly. They can be as simple as a photo album or as elaborate as a multi-volume set. LifeBooks are a great way to celebrate a life and pass on wisdom and experiences.

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# How to use the Age UK LifeBook

Mr. Fred Astaire  
Mrs. Betty Astaire  
LifeBook

## Personal details

Home

## Life contacts

David  
H. I. K. 011-11 00





# Your children, parents, dependants or other close family

F			
L			
B			
A			
P			
C			
M			
E			

# Your pets


N . . .

B . . .

B . . .

M . . .

C . . .

B . . .

N . . .

L . . .

I . . .

P . . .

P . . .

L . . .

L . . .


# Your close friends

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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

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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 your GP, dentist, optician, pharmacist, and any other health professionals you see regularly. It's also a good idea to include contact details for your local hospital and ambulance service.

Having this information in one place can be very helpful in an emergency, or if you need to contact someone for a routine appointment.

It's also a good idea to include contact details for your local health centre or community health team. These can be a valuable resource for a range of health services.

Remember to update your list of key health contacts regularly, as details can change over time.

Having a list of key health contacts in your LifeBook can be a very helpful tool for managing your health and well-being.

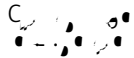
It's a good idea to have this information in one place, so you can access it when you need it.

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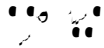
# Home contacts ( )

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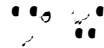


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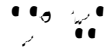


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# Local traders ( )

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
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# Organisation contacts ( )




C 

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## Others ( )

C ( )

N ( )

( )

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C ( )

N ( )

( )

## Useful telephone numbers

L ( )

D ( )

I ( )

( )

G ( )

E ( )

L A K  
A C

A K  
( )

L ( )

C A  
B

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?

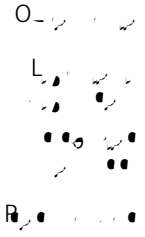
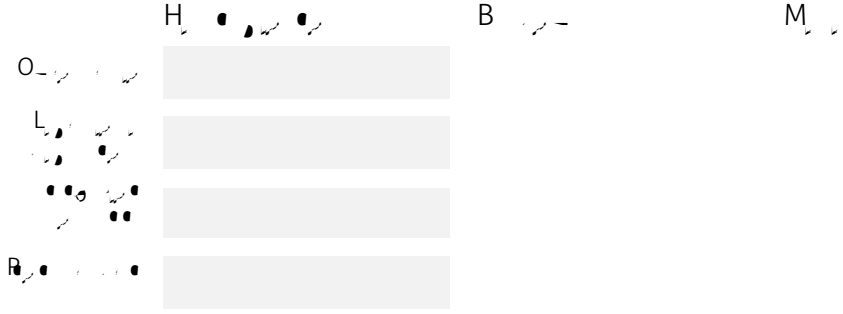
## Utility and key suppliers and accounts

	Supplier	Account
Electricity		
Gas		
Energy		
Water		
Miscellaneous		
Insurance		
Car / Van		
Company		
Leasehold		

AAK – Save energy, pay less

CAA – 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 name an executor to manage your estate and specify beneficiaries for your property.

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



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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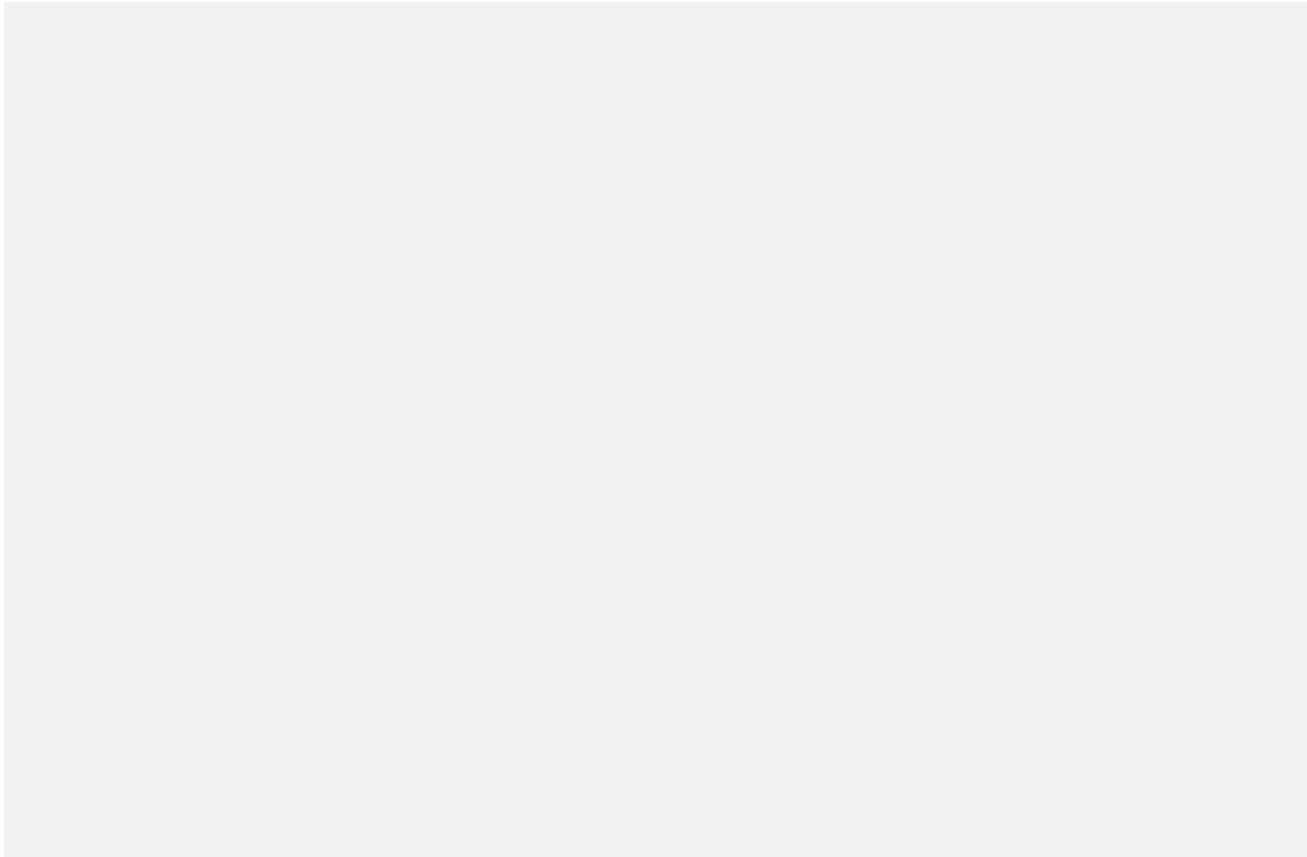


## Significant possessions

I have a collection of vintage records, a few antique watches, and a small garden. I also have a few books that I've read over and over again. I don't have much, but these things mean a lot to me.

I have a few things that I've collected over the years. I have a few old records, a few antique watches, and a small garden. I also have a few books that I've read over and over again. I don't have much, but these things mean a lot to me.

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



# 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 are your thoughts and feelings about how you would like your funeral to be conducted. This is a very personal matter and you should discuss your wishes with your loved ones and your funeral director. You can also discuss your wishes with your GP or a professional adviser.

N  A  I  J   
I  I

I

D

N

D  O  D  C  ?  N

Would you like a funeral service?  N

I  /  /  ?

I  ?

### I would want to be

B  C

### Burial

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  kept in an urn  buried

Please provide details of any other wishes for my cremated remains  
I would like my ashes to be

**I would like my coffin to be**  (  )

Manufactured from  (  /  /  )

**I would like my body to rest**

in a traditional ground burial

I would like my body to be  embalmed

I would like my body to be dressed

I would like my body to be transported by   
route

My

**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

[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.

• Message is stored in the mailbox of the recipient, I.P.  
'I.P.' is the IP address of the recipient.

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

# About Age UK

Age UK is a charity that provides support and advice to older people. It is a national charity with over 100 local branches across the UK. Age UK is a registered charity with the Charity Commission and is a member of the Age UK Group of Charities.

Age UK provides a range of services to older people, including: financial advice, housing advice, health and social care advice, and support with everyday tasks. Age UK also provides a helpline for older people who need help and support. Age UK is a national charity with over 100 local branches across the UK. Age UK is a registered charity with the Charity Commission and is a member of the Age UK Group of Charities.

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

1. A. K. F. ...

2. ...

3. ...

4. ...

