

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.

LifeBooks can be created in many ways. Some are printed books, while others are digital. 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. They can be created for anyone, from children to the elderly. LifeBooks are a great way to preserve memories and share them with others.

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How to use the Age UK LifeBook

Mr. Fred Astaire
LifeBook

Personal details

Home

Life contacts

Home
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JO-1.1

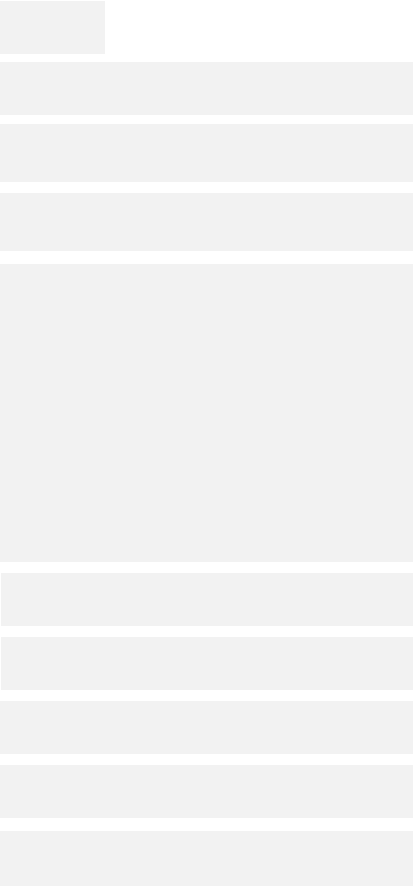




Your children, parents, dependants or other close family

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Your pets



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Your close friends

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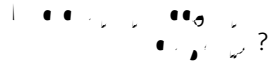
Note below where you keep your address book or other contact list:

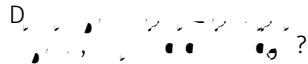
Your medical or health conditions that might be important for people to know

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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 can also be helpful to have this information in a format that is easy to share with other health professionals, such as a PDF or a printout that you can take to a hospital or clinic.

It's also important to have details of any health professionals you see for specific conditions or treatments. This should include details of any specialists you see, and any health professionals you see for ongoing care or treatment. 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.

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Local traders

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
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Organisation contacts ()



C 

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C 

N 

C 

N 

Others ()

C ()

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Useful telephone numbers

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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?

1. The company has a number of key suppliers and accounts. The table below shows the details of these suppliers and accounts.

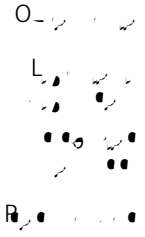
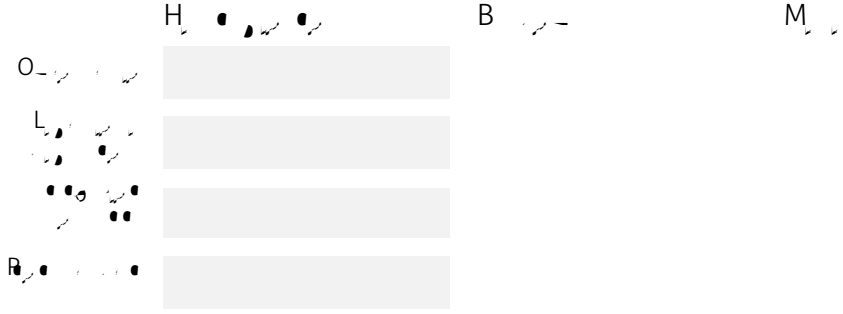
Utility and key suppliers and accounts

Supplier/Account	Details	Details
Electricity		
Gas		
Water		
Mobile phone		
Internet		
Car/Lease		
Car/Lease		
Car/Lease		

•• 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

• If you die without a will, your estate will be distributed according to the laws of intestacy.

A Power of Attorney (PoA)

• A PoA is a legal document that gives someone else the authority to act on your behalf.

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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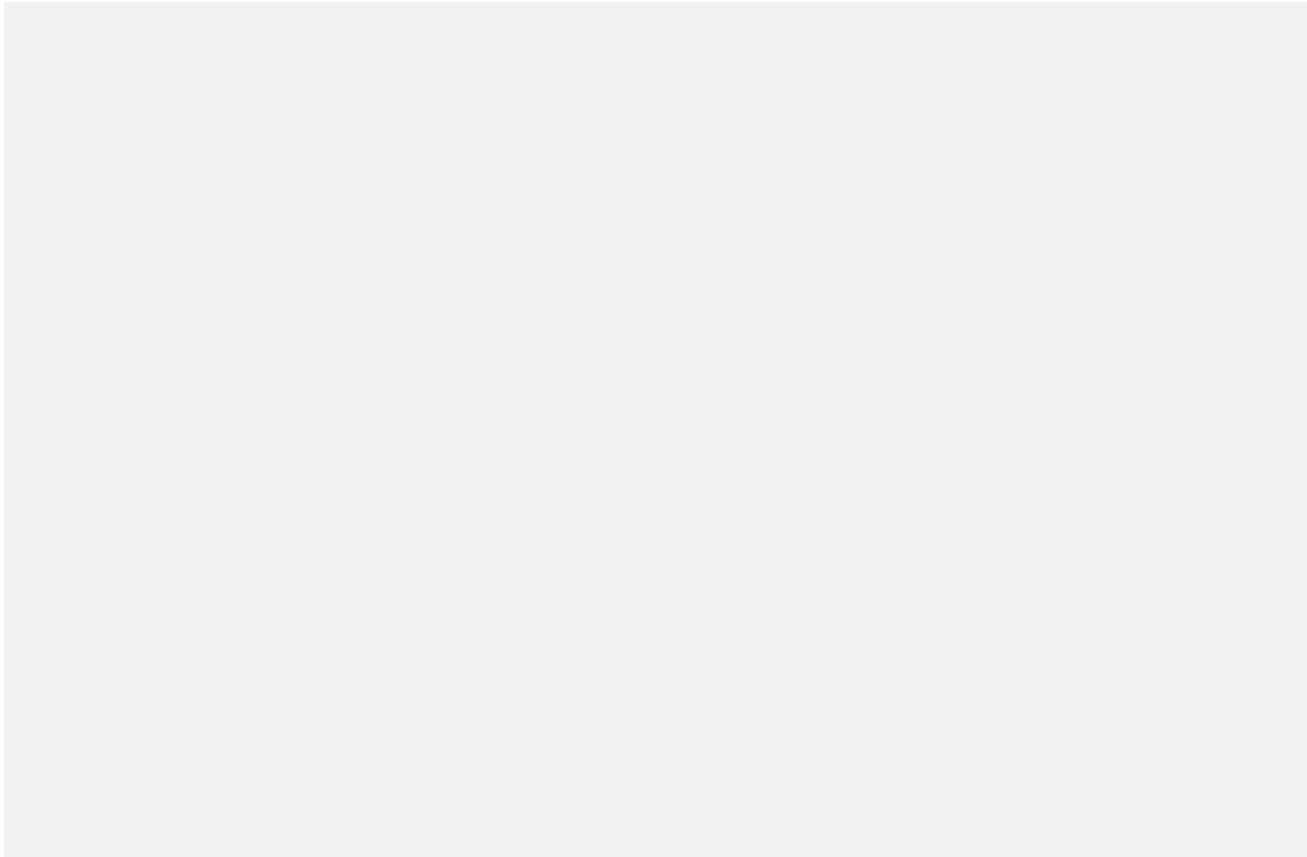
G

Significant possessions

I have a collection of vintage records, a leather-bound bookshelf, and a pair of antique pocket watches. These items hold a special place in my heart, each representing a different chapter of my life.

The records are a mix of classic rock and jazz, some of which were given to me by my father. The bookshelf, with its intricate carvings, was a gift from my grandmother. And the pocket watches, one from my grandfather and another from a friend, remind me of the passage of time and the people I've met along the way.

I. $\int_{-\infty}^{\infty} \delta(x) f(x) dx = f(0)$ $\int_{-\infty}^{\infty} \delta(x) dx = 1$

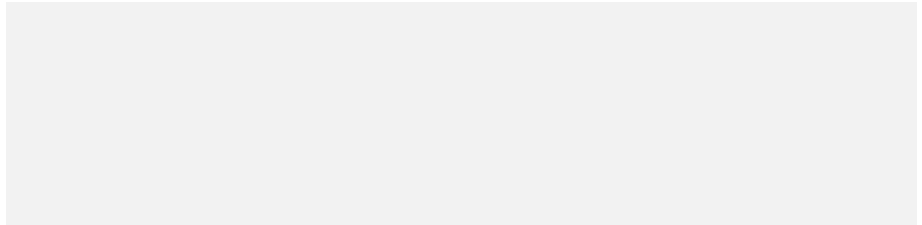


Final wishes

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

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 ashes to be

I would like my ashes to be

I would like my ashes to be

I would like my ashes to be

Please describe your preferred route of disposal of your ashes. I would like my ashes to be

I would like my coffin to be ()
 ()

I would like my body to rest

I would like my body to rest

I would like my body to be embalmed

I would like my body to be embalmed

I would like my body to be dressed

I would like my body to be dressed

I would like my funeral to be conducted by:

I would like my funeral to be conducted by:

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 a sequence of characters.

• Message: "I am a student of the University of Cambridge", I am a P.
• Message: "I am a student of the University of Cambridge", I am a P.

• Message: "I am a student of the University of Cambridge", I am a P.

About Age UK

Age UK is a national charity that provides support and advice to older people. We have a network of over 1000 local branches across the UK, each staffed by volunteers who provide a range of services including home visits, day care, and advice on benefits and health.

Age UK is a registered charity with the Charity Commission. Our financial statements for the year ending 31 March 2023 are available on our website. We are committed to transparency and accountability, and we welcome any questions or concerns you may have.

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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. ...

