

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 traditions.

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How to use the Age UK LifeBook

Mr. Fred Astaire. B
LifeBook

Personal details

Home

Life contacts

Home
H I K ☒ -1.1 ☒





Your children, parents, dependants or other close family

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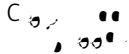
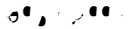
Your pets

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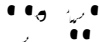


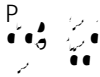
B

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N




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 know who to contact in an emergency, or if they need to refer to it for any other reason.

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Home contacts ()

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Local traders

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
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Organisation contacts ()



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Others ()

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Useful telephone numbers

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E ()

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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?

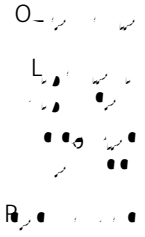
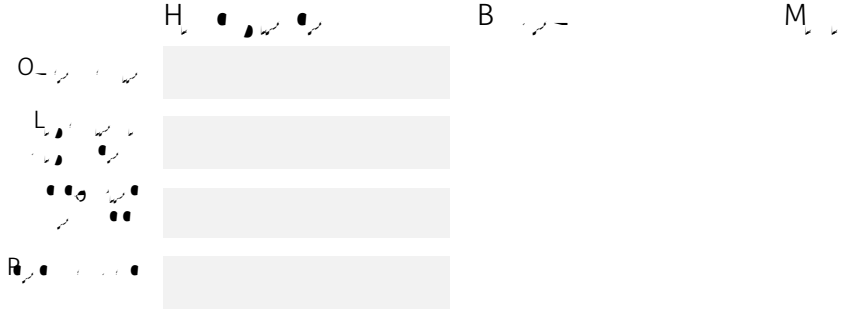
Utility and key suppliers and accounts

	2020	2019
Electricity		
Gas		
Energy		
Water		
Miscellaneous		
Insurance		
Car / Van		
Cell phone		
Landline / Mobile		

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,

Your will

A Power of Attorney (PoA)



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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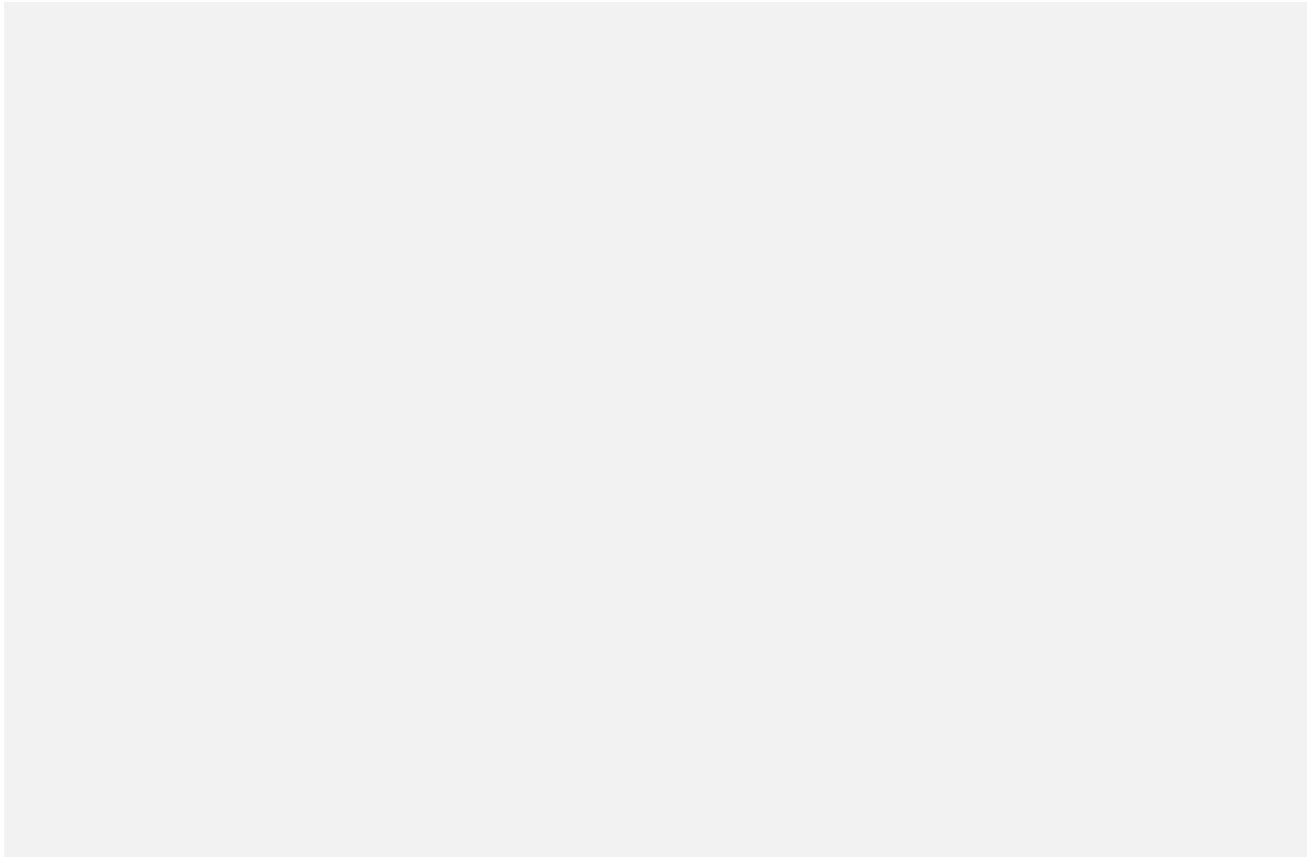
G

Significant possessions

I have a lot of things that I don't need, but I don't know what to do with them. I have a lot of clothes that I don't wear, a lot of books that I don't read, and a lot of toys that I don't play with. I have a lot of things that I don't need, but I don't know what to do with them.

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



N A I J

I

D

[Greyed out response area]

N

I would want to be

B C

Burial

I

D O D C ? N

Would you like a funeral service? N

I

[Greyed out response area]

I

[Greyed out response area]

Cremation

I would like my body to be cremated

I would like my ashes to be

[Redacted area]

I would like my ashes to be

[Redacted area]

Please indicate the preferred route for my ashes to be sent to me or my family. I would like my ashes to be sent to me or my family via [Redacted area]

I would like my coffin to be [Redacted area] ([Redacted area])

Material ([Redacted area] / [Redacted area] / [Redacted area])

I would like my body to rest

[Redacted area]

I would like my body to be [Redacted area] [Redacted area] embalmed [Redacted area]

I would like my body to be [Redacted area] dressed [Redacted area]

[Redacted area]

I would like my body to be [Redacted area] [Redacted area] via the route [Redacted area] [Redacted area] [Redacted area]

M [Redacted area]

I would like my funeral to be conducted by:

N [Redacted area]

[Redacted area]

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 flowers or 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 student of the University of Cambridge, I am a student of the University of Cambridge."

• The message is a sequence of characters.

About Age UK

Age UK is a national charity that provides support and advice to older people. It is a registered charity in England and Wales (1127282) and in Scotland (SC015116). It is a member of the Age UK Group, which includes Age UK England, Age UK Wales, Age UK Scotland, and Age UK Northern Ireland.

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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. ...

