

# 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.

LifeBooks can be created in many ways. Some are printed books, while others are digital. They can be made for a specific occasion, like a birthday or wedding, or they can be a collection of memories from a lifetime. LifeBooks are a great way to share your story and connect with others. They are a beautiful and meaningful way to preserve your life.

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# How to use the Age UK LifeBook

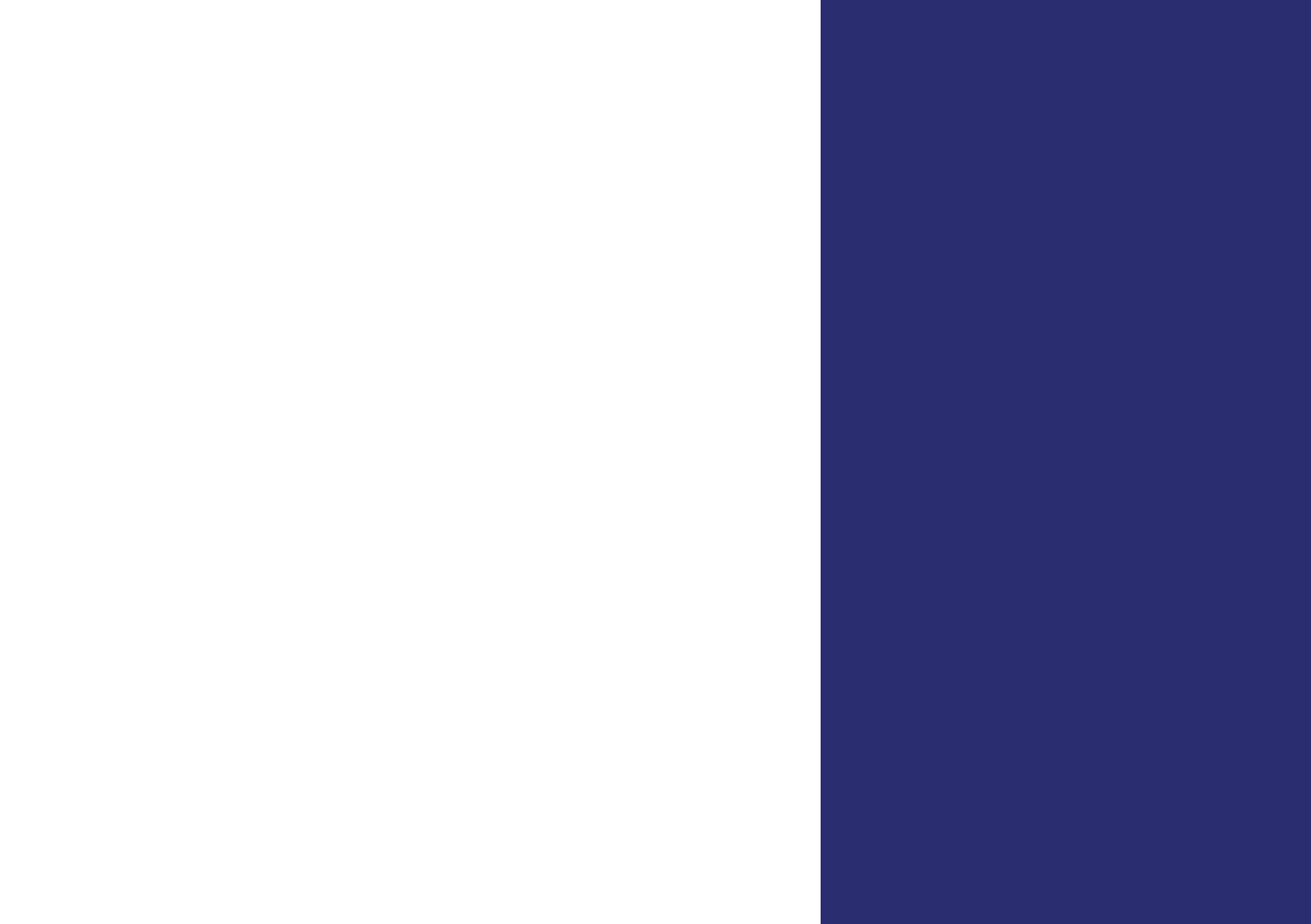
Mr. Fred Astaire. B. LifeBook.

## Personal details

Home

## Life contacts

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



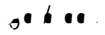


# Your children, parents, dependants or other close family

F			
L			
B			
A			
P			
C			
M			
E			

## Your pets


N



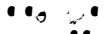
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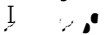
C



N



L



P




# Your close friends

F		
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P		
C		
M		
E		

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

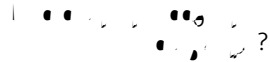


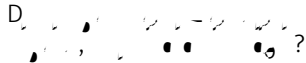
# Your medical or health conditions that might be important for people to know

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

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 your local hospital and any specialist clinics you visit.

It's also important to have details of your local pharmacy and any other health services you use. This includes details of your local health centre, community health centre, and any other health services you use. It's also important to have details of your local hospital and any specialist clinics you visit.

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# Home contacts ( )

C

N

C

N

C

N

# Local traders

(... ..)

C

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C

C

N


C


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# Organisation contacts ( )




C 

N 


  




C 

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C 

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## Others ( )

C ( )

N ( )

( )

C ( )

N ( )

( )

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

6 - - - - - , • • • • • , • • • • • FFOQ 2 • • • • • , • • • • • FFOQ 2 • • • • •

Where do you keep documents relating to all these affairs?

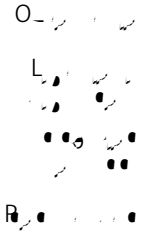
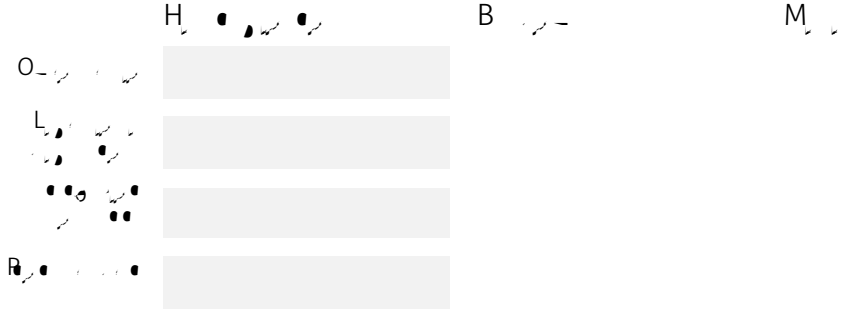
## Utility and key suppliers and accounts

	Supplier	Account
Electricity		
Gas		
Water		
Mobile phone		
Internet		
Cable / TV		
Car insurance		
Life insurance / PPI		

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 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)

A  
I

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A.

( ) 3)

P.

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I. ? I.

I. ?

L. •••••

D. ?



H

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V

G

## Significant possessions

I have a few significant possessions. One is a pair of shoes that I bought when I was a child. They are old and worn, but they remind me of my childhood and the people I loved. Another is a book that I have read many times. It is a classic and has inspired me to pursue my dreams. I also have a small box that I keep in my room. It contains a few keepsakes, including a letter from a friend and a small photograph. These items are special to me because they represent memories and people that are important to me.

I also have a few other items that are significant to me. One is a pair of glasses that I have worn for many years. They are old and the lenses are scratched, but they are the only pair I have and they help me see. Another is a small clock that I bought when I was a child. It is a simple wooden clock and it has been with me for many years. I like to look at it because it reminds me of my childhood and the people I loved.



# 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

**What you would like to be done at your funeral or memorial service.**

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

[Redacted area]

### I would like my ashes to be

I would like my ashes to be

Please indicate your preferred route for the ashes to be sent to you. I would like my ashes to be sent to me via

### I would like my coffin to be

Made of ( )

### 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 dressed

[Redacted area]

I would like my body to be sent to you via the following route

Made of ( )

### I would like my funeral to be conducted by:

Name ( )

[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 donations

[Redacted]

F  
A  
K

0800 077 8751

## Special request

I have a special request for you. I would like you to do something for me. I would like you to do something for me. I would like you to do something for me.

## 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 national charity that provides support and advice to older people. We have a network of over 1,000 local branches across the UK, each staffed by trained volunteers. Our services include home visits, day centres, and helpline support.

Age UK is committed to promoting the independence and well-being of older people. We work in partnership with local authorities and other organisations to ensure that older people have access to the services they need. For more information, please visit our website at [www.ageuk.org.uk](http://www.ageuk.org.uk).

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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. ...

