

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 are a great way to celebrate a life and pass on wisdom and experiences. 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. F. A. B. LifeBook

Personal details

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Life contacts

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Your children, parents, dependants or other close family

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Your close friends

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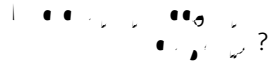
Note below where you keep your address book or other contact list:

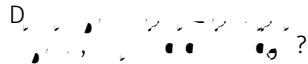
Your medical or health conditions that might be important for people to know

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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 with you.

It's also important to have details of any health conditions you have, and any medications you are taking. This information can be helpful for health professionals to know, and it can also be helpful for you to have it in one place. You should also have details of any allergies you have, and any other health information that is important for you to have in your LifeBook.

Having a list of key health contacts in your LifeBook can be a great way to keep all your health information in one place. It can be helpful in an emergency, and it can also be helpful for you to have it in a format that is easy to share with other health professionals. So, make sure you have a list of key health contacts in your LifeBook, and keep it up to date.

For more information on how to create a LifeBook, visit www.lifebook.org



Local traders

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
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Organisation contacts ()




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Useful telephone numbers

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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?

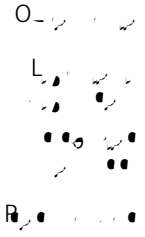
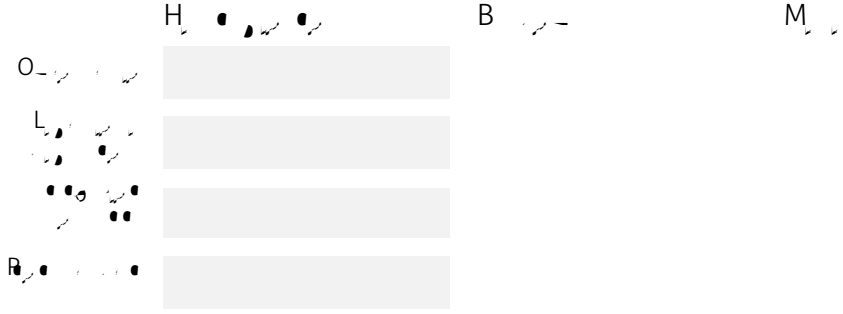
Utility and key suppliers and accounts

| | 2019 | 2020 |
|----------------|------|------|
| Electricity | | |
| Gas | | |
| Energy | | |
| Water | | |
| Miscellaneous | | |
| Insurance | | |
| Car / Fuel | | |
| Car | | |
| Lease / Rental | | |

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,

Location

Executor(s)/attorney/nominated person

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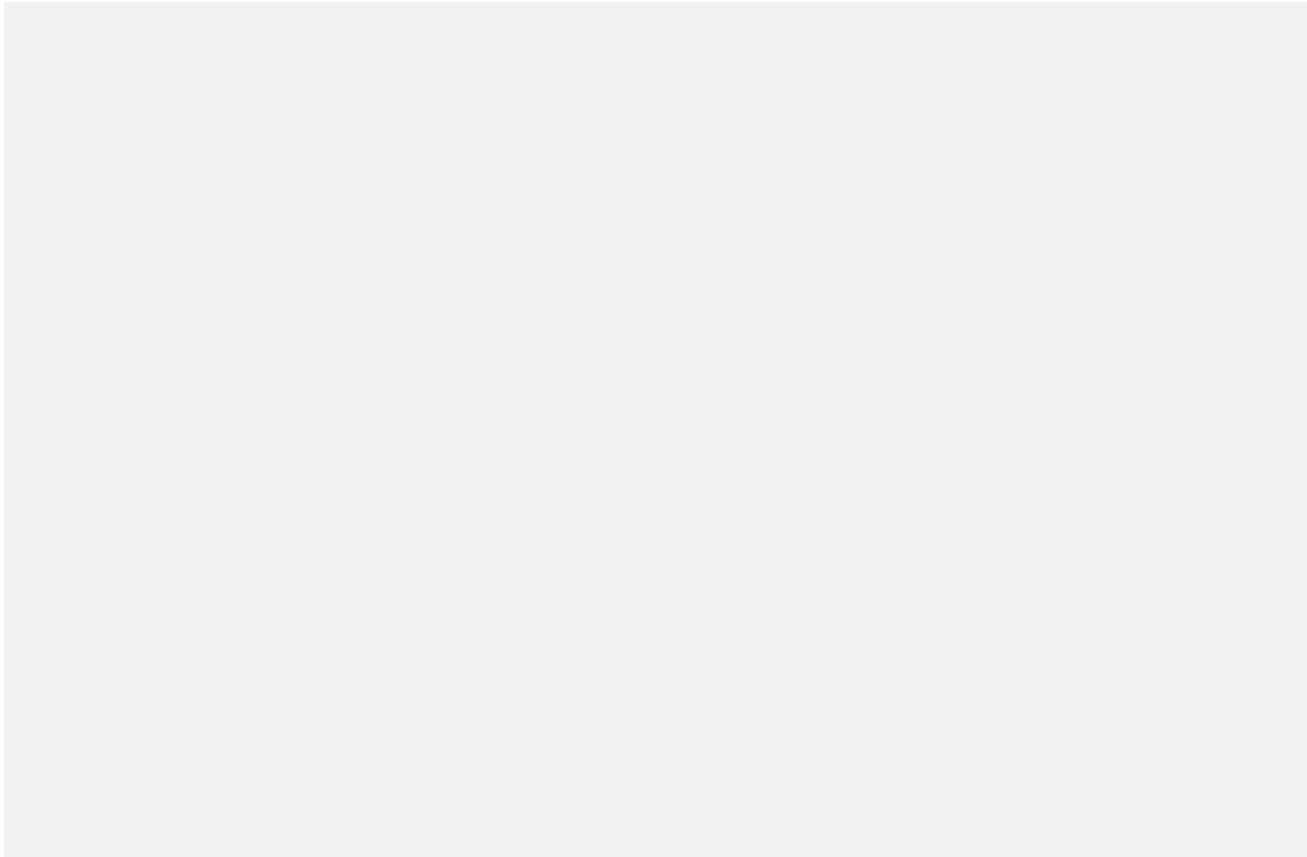
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Would you like a funeral service? N

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Leaving a message

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

• Message is left 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 a presence in every local authority area in England, Wales and Northern Ireland. Age UK is a registered charity in England and Wales (1127280) and in Northern Ireland (1127280).

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

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