

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 the wisdom and experiences of those who have lived before us.

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How to use the Age UK LifeBook

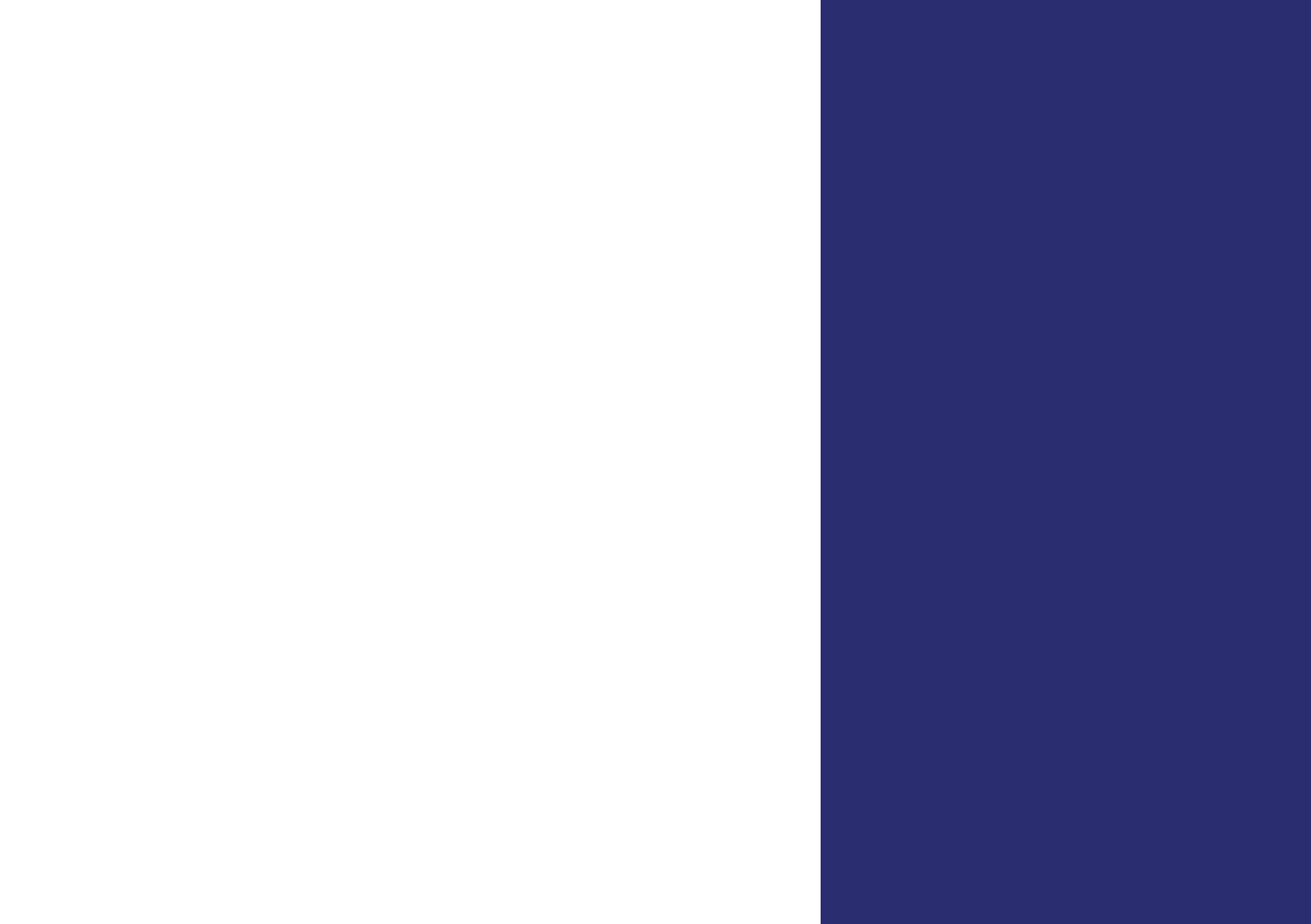
Mr. F. A. B. LifeBook

Personal details

H

Life contacts

D H I K 0-1.1





Your children, parents, dependants or other close family

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Your close friends

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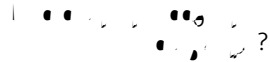
Note below where you keep your address book or other contact list:

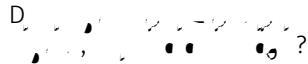
Your medical or health conditions that might be important for people to know

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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 record of your key health contacts. This includes your GP, dentist, optician, pharmacist, and any other health professionals you see regularly. It's also a good idea to have a record of any health conditions you have, and any medications you are taking.

Having a record of your key health contacts can be helpful in a number of ways. It can help you to keep track of your health, and it can be useful if you need to see a health professional for any reason. It can also be helpful if you are planning to travel abroad, as you may need to show your health records to a doctor in another country.

There are a number of ways to keep a record of your key health contacts. You can use a notebook, a folder, or a dedicated app. Whichever method you choose, it's important to keep your records up to date. You should also make sure that you have a backup of your records, in case you lose them.

Having a record of your key health contacts is a simple but important step towards better health. It can help you to stay on top of your health, and it can be a lifesaver in an emergency. So, take the time to get your records in order today.

For more information on how to keep a record of your key health contacts, visit our website at www.lifebook.org.



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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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?

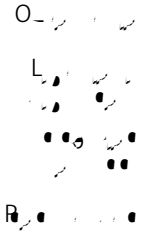
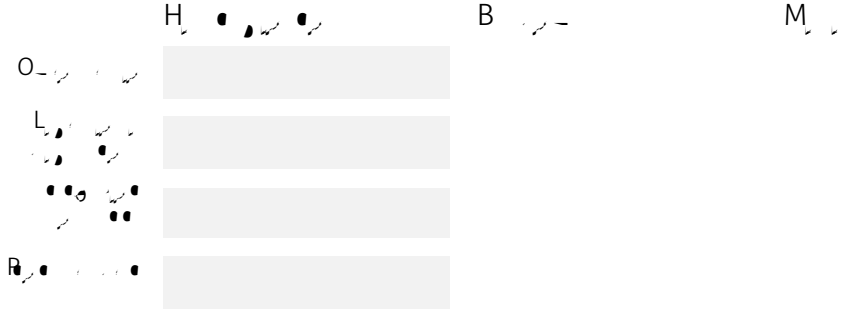
Utility and key suppliers and accounts

	2023	2022
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

I

Empty text box for Location (I)

Empty text box for Executor(s)/attorney/nominated person (I)

A P

Empty text box for Location (A P)

Empty text box for Executor(s)/attorney/nominated person (A P)

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V

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I would like the following at my funeral

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[Redacted]

R

[Redacted]

P

[Redacted]

I would like an announcement

[Redacted]

N

N

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

N

[Redacted]

F
A
K

0800 077 8751

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 has a network of over 1,000 local branches across the UK, each offering a range of services tailored to the needs of the local community.

Age UK's services include: **•** Helpline: A free, confidential helpline available 24 hours a day, 7 days a week. **•** Local Advice: A team of trained advisers who can help with a wide range of issues, including housing, benefits, and health care. **•** Community Support: A range of services, including meals on wheels, befriending, and day care.

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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. ...

