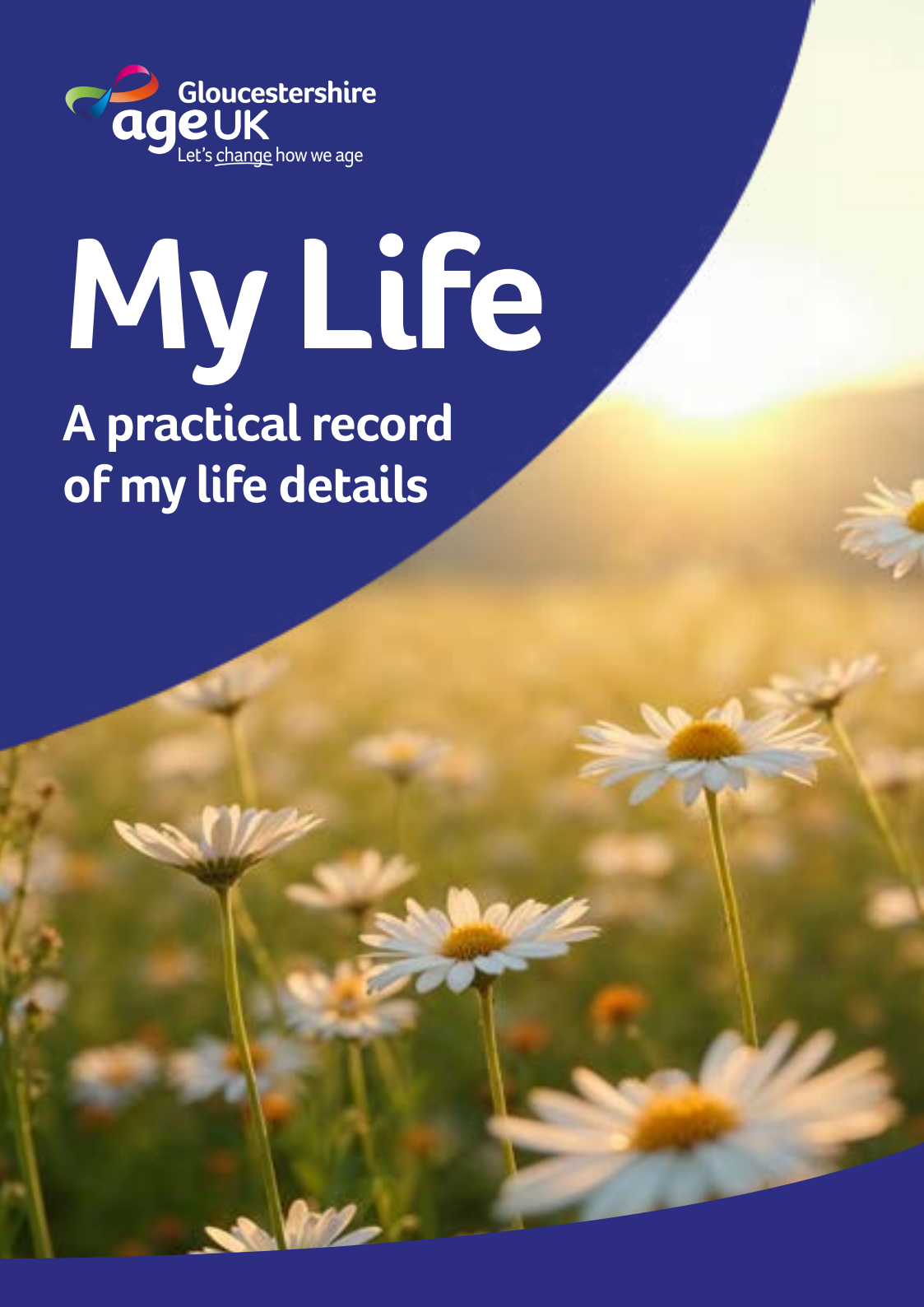


My Life

A practical record
of my life details



This booklet is divided up into the following sections to help you find what you're looking for:

	Section 1	Personal details	Page 1
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Keep this booklet where others can easily find it should they need to. Remember not to record key security information such as passwords or PIN numbers as these are for your personal use only. (Find out more at digitallegacyassociation.org).



Section 1

Personal details

In this section, we've included space for the details of your family, closest friends and pets

My details

Title	
Forename(s)	
Last name	
Date of birth	
Address	
Telephone number	
Mobile number	
Email	
My hobbies and interests	



My spouse, partner or next of kin

Title	
Forename(s)	
Last name	
Date of birth	
Address	
Telephone number	
Mobile number	
Email	

My close friend

Title	
Forename(s)	
Last name	
Date of birth	
Address	
Telephone number	
Mobile number	
Email	
Where you keep your address book or other contact list	



My pets

Name		
Type/breed		
Date of birth		
Male/Female		
Microchip number		
Special needs		
Name of vet		
Telephone number		
Location of vaccinations record		
Insurance company		
Policy number		
Your wishes in case of emergency		



Section 2

Health and wellbeing

In this section, we've included space for information about your health and wellbeing, as well as for contacts such as your doctor, faith leader or local services. You can also note down contact details for any clubs or activities you attend

My health contacts

Contact type	
Name and address	
Telephone number or email	
Contact type	
Name and address	
Telephone number or email	
Contact type	
Name and address	
Telephone number or email	



My health and wellbeing

My NHS number

I have completed a ReSPECT form ☐ Yes ☐ No

It is kept

I take medication ☐ Yes ☐ No

It is kept

I wear glasses ☐ Yes ☐ No

I have hearing aids ☐ Yes ☐ No

My dietary requirements and preferences are

I need help with my mobility using

If I become unwell and am unable to look after myself, I would like the following arrangements to be made



My clubs and memberships

Contact type

Name and address

Telephone number or email

Contact type

Name and address

Telephone number or email

Contact type

Name and address

Telephone number or email

Contact type

Name and address

Telephone number or email





Section 3

Local contacts

In this section, we've included space for the details of your local contacts like a cleaner, gardener, handyperson or plumber

Contact type

Name and
address

Telephone
number or email

Contact type

Name and
address

Telephone
number or email

Contact type

Name and
address

Telephone
number or email

Contact type

Name and
address

Telephone
number or email

Contact type

Name and
address

Telephone
number or email

Contact type

Name and
address

Telephone
number or email





Section 4

Financial details

My banks

Here you can list your financial accounts such as current, savings, mortgage, loans and ISA accounts

Organisation		
Name(s) in account held		
Type of account e.g. current		
Cheque book or passbook	☐ Yes ☐ No	
Debit card	☐ Yes ☐ No	

Organisation		
Name(s) in account held		
Type of account e.g. current		
Cheque book or passbook	☐ Yes ☐ No	
Debit card	☐ Yes ☐ No	

Please remember not to record key security information like passwords or PIN numbers.

My cards

Please DO NOT record your card numbers

Type	Issuer
Card 1	
Card 2	
Card 3	
Card 4	
Card 5	
Card 6	

My regular payments

(e.g. standing orders, Direct Debits, membership fees, charity donations)

	Organisation	Payment type
1		
2		
3		
4		
5		
6		



My pensions

You may have pensions (e.g. state, work, war), shares, PEPs, Premium Bonds or endowment policies. You can record who they are with here

Organisation		
Type e.g. shares		
Telephone number		

Organisation		
Type e.g. shares		
Telephone number		

My benefits

If you receive benefits such as Attendance Allowance or Pension Credit, you can record details here

Where do you keep documents relating to all these affairs?

My utilities

Here you can note the accounts you hold with different utility companies

Supplier	
Water/ sewerage	
Gas/oil	
Electricity	
Landline	
Mobile phone	
Internet/ broadband	
Cable/ satellite TV	
Council Tax	
Landlord/ rent	



My insurance policies

	Home contents	Building
Organisation		
Location of documents		
Renewal month		

	Motor	Motor breakdown cover
Organisation		
Location of documents		
Renewal month		

	Life	Travel
Organisation		
Location of documents		
Renewal month		

	Health/care	Other (e.g. warranties)
Organisation		
Location of documents		
Renewal month		



Section 5

Important documents and assets

In this section, you can record the existence and whereabouts of your legal documents such as your birth certificate and your Will, as well as list your assets

Birth certificate	
Marriage/civil partnership certificate	
Deeds to your property	
Mortgage/lease	
Passport	
Driving licence	
National Insurance card	
NHS card	
Bus pass or travel card	
ReSPECT form	



My Will

Executors (e.g. attorney, nominated person)

Document location

My power of attorney

Executors (e.g. attorney, nominated person)

Document location

Advance decision

Executors (e.g. attorney, nominated person)

Document location



My properties

Address
(if different to the one
given on page 1)

Are you the freehold
owner or leaseholder

If you're the freehold
owner, do you
have an equity
release or mortgage
on the property? If so,
give details

If you're the
leaseholder, who is
your landlord?

Landlord contact
details

Do you have a tenant?

☐

Yes

☐

No

Tenant contact details
if applicable



My vehicles

(e.g. cars, motorcycles, caravans, mobility scooters)

	Vehicle 1
Name of keeper of vehicle	
Make and model	
Registration number	
Log book location	
Warranty details	
Garaging or parking permit details	

	Vehicle 2
Name of keeper of vehicle	
Make and model	
Registration number	
Log book location	
Warranty details	
Garaging or parking permit details	

Sentimental possessions

Items of sentimental value might include letters and cards, photographs, photograph albums, costume jewellery, items from your childhood or from your children and family memorabilia.

Digital assets

Here you can list your digital assets such as social media, music, photo, video and crypto accounts, leaving instructions that say what you'd like to happen with them.





Section 6

My final wishes

My end of life wishes

Let others know how you'd like to be cared for in your final days

Where would you prefer to be cared for? For instance, at home, in hospital, in a hospice

You can express if you would prefer to be alone or have others at your bedside, and if so who

Would it bring you comfort to have someone read to you or to arrange some music to be played

Please express any other wishes for your final days here



My funeral wishes

Here you can express your personal plans and wishes

I have a funeral plan ☐ Yes ☐ No

Details

I have arranged to donate my body to medical science ☐ Yes ☐ No

Contact details

I have registered my decision to be an organ donor ☐ Yes ☐ No

I would like a funeral service ☐ Yes ☐ No

I would like a brief committal at the graveside or crematorium ☐ Yes ☐ No

If yes, in which religion/spiritual belief/philosophy?

If yes, where would you like it to be held?

Would you prefer to have a vicar, pastor or celebrant conduct your service

I would like my ashes to be ☐ scattered ☐ buried

☐ interred ☐ kept



Please indicate where, e.g. a special place, crematorium burial plot, religious location, family grave, garden of remembrance.

I would like my body to rest e.g. at the funeral home, at home, in the family home or at the church the night before the service. Please give details.

Would you like your body to be embalmed? ☐ Yes ☐ No

I would like my body to be dressed in

I would like my funeral to be conducted by

Name

Contact details

I would like the following music, readings, poems, prayers at my funeral



I would like the following family members and friends to be asked if they would take part in the funeral e.g. as a coffin bearer or a reader:

Names

Telephone numbers

What I'd like them to do

Would I like flowers at my funeral ☐ Yes ☐ No

If yes, what type

I would prefer donations to go to the following charities

Memorial I would like a memorial stone of the following type and with the following words



After the funeral, I would like my family and friends to join together at

I would prefer another type of commemoration, e.g. bench, tree planted, donation to a charity

Special request

I would like my pet(s) to be cared for after my death in the following manner:

Other wishes

Requests, cultural or religious requirements and customs not already covered

I have made some financial provision for these arrangements ☐ Yes ☐ No

If yes, give details

Leaving a message

I have left a special message at

About my life

Here's a little history about my life for which I would like to be remembered



About Age UK Gloucestershire

We're here to support you with information, advice and guidance on a vast array of later life matters including health, housing, financial, care and wellbeing.

Contact our Help Team on **01452 422660** or email **helpteam@ageukgloucestershire.org.uk**

Visit our website at **ageuk.org.uk/Gloucestershire** to download free factsheets and guides; and keep in touch with us by subscribing to our monthly Age Better eBulletin.

Leaving a gift

A gift in your Will can help make sure Age UK Gloucestershire will be there for older people who need our support. Whatever the value, a gift in your Will can help support older people in the future.

If you chose to leave a gift to help others in the future, simply provide this wording to your solicitor: Age Concern trading as Age UK Gloucestershire, Henley House, Barnett Way, Barnwood, Gloucester GL4 3RT registered charity number 1111773.

You can also write your Will for FREE at **ageuk.org.uk/gloucestershire/giftsinwills**

For more information, call **01452 422660** or email **supporters@ageukgloucestershire.org.uk**

Thank you.