Introduction and Guidance

This booklet was developed to enable and empower you to think about, talk about and document important information about your life. We hope that this will give you peace of mind that your affairs are in order and allows family and friends to know your future wishes.

Keeping information in one place will help make things easier for you and your family if you are unable to look after your affairs, express your interests. It may also make decisions easier for family and friends following your death. It is important that we do this because our plans and wishes are more likely to be carried out if we write things down.

The booklet should be kept in a safe place which trusted family members or friends should be aware of. If you have a special place for emergency information, you could leave a note saying where you keep your ‘All About Me’ booklet.

It is important **not** to include bank account numbers, passwords, PIN numbers or other sensitive information in case your booklet was stolen or fell into the wrong hands.

Remember to check your ‘All About Me’ booklet on a regular basis and make any necessary alterations as a result of your changing circumstances.

The ‘All About Me’ booklet is not a legal document and is not an alternative to a Will, a Lasting Power of Attorney or an Advance Decision to Refuse Treatment. For advice about these legal matters, please contact a solicitor or the Citizens Advice Bureau.