



# All About Me

**My past, present and future**

Past memories, current affairs and my wishes for the future



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# Introduction & Guidance

This booklet was developed by the End of Life Partnership to enable and empower you to think about, talk about and document important information about your life. It is important that we do this because our plans and wishes are more likely to be carried out if we write things down.

Keeping information in one place will help make things easier for you and your family should you be unable to express wishes in the future.

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 have put 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 is stolen or falls into the wrong hands.

Remember to check your 'All About Me' booklet on a regular basis and make any necessary alterations (in the notes & amendments section) 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.

We hope that recording your wishes in this booklet will give you peace of mind that your affairs are in order and allows family and friends to know your future wishes.

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Personal Details

Title (s)

Forename (s)

Last Name

Date of Birth

Address

Telephone

Mobile

Email

Preferred name

Previous name (s)

Nick name (s)

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Interests & Hobbies

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Likes & Dislikes

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Achievements

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Bucket List

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Favourite Places

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Favourite Things

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Memorable Moments

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Talents

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Messages For You

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Thoughts

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Important Relationships

Name			
Relationship			
Telephone			
Address			
Why they are Important to me			
Notes			



# My Family Tree

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Pet Memories

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Current Pets

Type of Pet (s)

Male/Female

Microchip details

Insurance details

Vet details

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Who will look after my pet in an emergency

Pet(s) Personality. Food preferences, kennels, cattery etc.

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Computer & Tablet

What content on the computer/tablet is important to me

What should happen with this content

Who will access this content on my behalf

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Internet Storage

The content I have stored on the Cloud that are important to me

What should happen to the content

Who will access this content on my behalf

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Online Accounts

	Account 1	Account 2
Type of Account		
Website Address		
User ID		
What should happen to the account?		

  

	Account 3	Account 4
Type of Account		
Website Address		
User ID		
What should happen to the account?		

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Social Media

	Account 1	Account 2
Type of Account		
Website Address		
What should happen to the account?		

  

	Account 3	Account 4
Type of Account		
Website Address		
What should happen to the account?		

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# My Financial Accounts

	Account 1	Account 2
Type of Account (mortgage)		
Organisation (bank)		
What should happen to the account?		

  

	Account 3	Account 4
Type of Account (mortgage)		
Organisation (bank)		
What should happen to the account?		

Safety first: It is important not to include bank account numbers, passwords or PIN numbers.

[www.eolp.org.uk](http://www.eolp.org.uk)



# My Financial Key People

Person 1

Person 2

Name

Role

Address

Telephone  
number

Email

Notes

[www.eolp.co.uk](http://www.eolp.co.uk)



# My Insurance

Organisation Name

Email

Telephone

Policy Number

Type of Insurance

Renewal Date

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Organisation Name

Email

Telephone

Policy Number

Type of Insurance

Renewal Date

Safety first: It is important not to include account numbers, passwords or PIN numbers.

[www.eolp.uk](http://www.eolp.uk)



# My Utility & Service Providers

	Supplier Organisation	Telephone Number
Electricity	-----	-----
Gas	-----	-----
Water	-----	-----
Landline	-----	-----
Mobile	-----	-----
Broadband	-----	-----
TV Service	-----	-----
Council Tax	-----	-----
Other	-----	-----
Other	-----	-----

[www.eolp.co.uk](http://www.eolp.co.uk)



# Lasting Power of Attorney My Property & Finances

Location of Documents

Attorney's (minimum of two) as listed in the LPA.  
Please provide their names and contact details.

[www.eolp.co.uk](http://www.eolp.co.uk)



# Lasting Power of Attorney My Personal Welfare

Location of Documents

Attorney's (minimum of two) as listed in the LPA.  
Please provide their names and contact details.

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# My Will



Location of Document

Executor (s) as listed in the Will..  
Please provide their names and contact detail.s

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# My Health Conditions

Current health conditions

Previous medical procedures, operations and old conditions

Current medication

Medical allergies

Food or other allergies

Dietary requirements

[www.eolp.co.uk](http://www.eolp.co.uk)



# My Health Key People

Person 1

Person 2

Name

Type of  
Health

Telephone

Notes

[www.eolp.co.uk](http://www.eolp.co.uk)



# My Preferred Priorities for Care

Preferred place of  
care  
(care home, my  
home, hospice,  
hospital)

Who should be  
involved in my  
care

Spiritual/religious  
needs

What's important  
to me  
(food, drink,  
books, music,  
fresh air, tv, own  
clothes)

I have made  
advanced  
decisions about  
my care

[www.eolp.co.uk](http://www.eolp.co.uk)



# What to do when I am Dying

What is important to me at the end of my life

How you can help me to be comfortable

How you can help me to say my goodbyes

[www.eolp.co.uk](http://www.eolp.co.uk)



# My Funeral Wishes

The funeral I would like  
is (traditional, none,  
simple, celebration)

Where I want my  
funeral to be

I would like the  
following people to  
speak, read, sing

I would like to be  
buried/cremated/leave  
my body to science

If I have chosen cremation I  
want my ashes to be

If I have chosen burial, the  
place I want to be buried is

I would like to wear...

I would like people  
to wear, do, bring...

I would like the  
following:  
(music, readings,  
videos, photos,  
flower, donations  
etc.)

[www.eolp.co.uk](http://www.eolp.co.uk)



# Notes & Amendments

[www.eolp.co.uk](http://www.eolp.co.uk)



# Find out more about the End of Life Partnership Public Health Team:

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**Twitter:** @\_EOLP

[www.eolp.co.uk](http://www.eolp.co.uk)

## **The End of Life Partnership**

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This All About Me Booklet is supported by



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