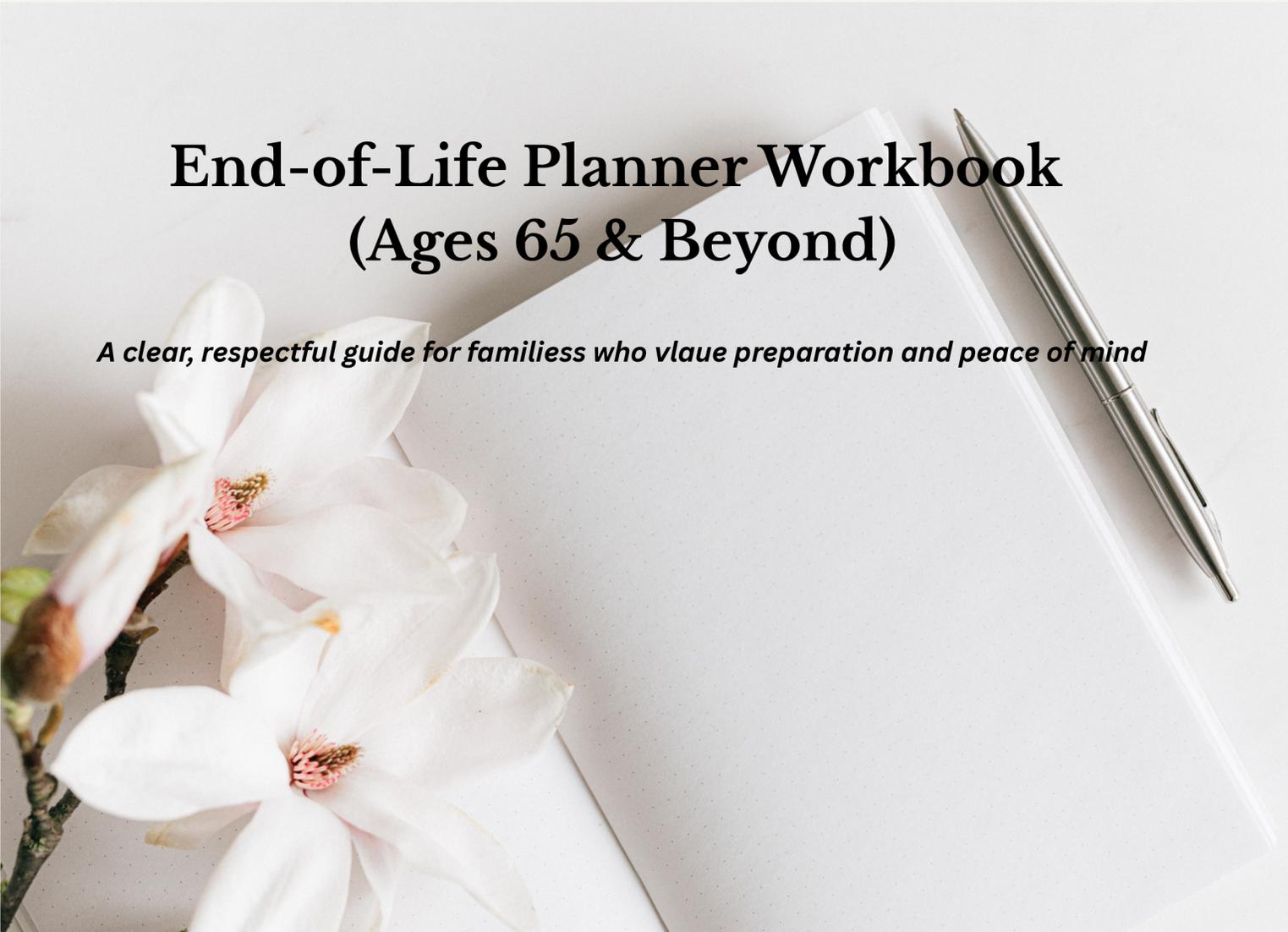


For My Dearest Darling

Prepared with care so you are never left guessing

A photograph of a notebook, a pen, and a magnolia flower. The notebook is open, showing a blank page. A silver pen lies on the right side of the notebook. A magnolia flower with white petals and a pinkish center is in the bottom left corner. The background is a light, neutral color.

End-of-Life Planner Workbook (Ages 65 & Beyond)

A clear, respectful guide for families who value preparation and peace of mind

How to Use This Workbook

- Complete one page at a time
- Use pencil if preferred
- Take breaks as needed
- Review once a year or after major life changes

Keep this planner in a safe, known place

A Caregiver-Only Companion Guide

(This section is for caregivers and adult children. It does not replace legal advice.)

Your Role as a Caregiver

- Follow the wishes written here, not assumptions
- Stay calm and organized during emergencies
- Communicate clearly with siblings and family
- Ask professionals when unsure

When to Use This Planner

- Medical emergencies
- Hospital admissions
- Cognitive decline
- End-of-life decision-making
- After death (estate and arrangements)

What This Planner Does NOT Replace

- A legal will
- Medical orders (DNR forms)
- Professional advice

Tips for Caregivers

- Make copies (do not alter originals)
- Keep a list of phone numbers handy
- Update notes after major events
- Be patient – stress affects everyone

Family Review Checklist

(Use this checklist once a year or after major life events.)

- Personal information still accurate
- Emergency contacts up to date
- Legal documents still valid
- Powers of Attorney confirmed
- Bank and income sources reviewed
- Bills and insurance current
- Medications list updated
- Care wishes still reflect preferences
- Funeral wishes reviewed
- Digital access instructions current

Date Reviewed: _____

Reviewed By: _____

Personal Information

Full Legal Name: _____

Date of Birth: _____

Health Card / ID Number: _____

Home Address: _____

Phone Number: _____

Emergency Contact (Primary):

Name: _____

Relationship: _____

Phone: _____

Secondary Contact: _____

Language Spoken at Home: _____

Faith, Culture, or Traditions Important to You:

Essential Legal Documents

(List where documents are kept. Do not attach originals.)

Will: Yes No

Location: _____

Power of Attorney – Financial:

Name: _____ Phone: _____

Power of Attorney – Personal / Health:

Name: _____ Phone: _____

Advance Directive / Living Will: Yes No

Location: _____

Executor of Estate:

Name: _____ Phone: _____

Lawyer / Notary:

Name: _____ Phone: _____

Financial Information

Main Bank: _____

Accounts (last 4 digits only):

Monthly Income Sources:

Pension Government Other: _____

Insurance Policies:

Life Health Burial

Provider(s): _____

Property Owned:

Home Vehicle Other:

Home Vehicle Other:

Home Vehicle Other:

Regular Bills to Pay:

Medical Information

Family Doctor: _____

Clinic / Phone: _____

Main Medical Conditions:

Medications:

Allergies: _____

Hospital Preference: _____

Care Wishes:

Comfort care first Full treatment Follow directive

DNR in Place: Yes No

Digital Information

Email Used Most Often: _____

_____PW_____

_____PW_____

Online Banking: Yes No

_____PW_____

_____PW_____

Social Media Accounts:

_____PW_____

_____PW_____

_____PW_____

_____PW_____

Devices Used:

Phone Tablet Computer

Password : _____

Phone Tablet Computer

Password : _____

Phone Tablet Computer

Password : _____

Trusted Digital Contact:

Name: _____ Phone: _____

Funeral & Final Wishes

Burial or Cremation: Burial Cremation Undecided

Funeral Home: _____

Service Type: Religious Non-religious Private

Music / Readings / Traditions:

Obituary Preference: Simple Detailed Family decide

People to Notify:

Final Message for Family:

Signature: _____

Date: _____

Author

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Planner Creator & Senior Care Advocate & Nurse

- Created with care for seniors, caregivers, and families who value dignity, tradition, and peace of mind.
- Lifelong caregiver advocate who believes that preparation is one of the greatest gifts we can give our families.
- Honouring traditional values, family responsibility, and thoughtful planning to life's most important transitions.