



MY LIFE BINDER

Lara McIntyre RPC; CHt

laramcintyre.com

lara@laramcintyre.com

604-807-5025

Many thanks to the FVRL system for their community partnership

Welcome!

You've spent your whole life getting things just so: relationships, home, career, family, travel, pets, retirement planning...and a great big list of logistical entities such as utilities, contacts, social media, professional relationships, bank accounts and mortgages, insurance, car info, subscriptions and more. The Life Binder maps these important logistics of your life in one place so those people you leave behind will have a clearer understanding of what you want after you die and what steps they need to take. Having a Life Binder in place may allow you and your loved ones more time together, enjoying each other rather than stressing over a lifetime of paperwork. Give yourself and your loved ones some peace of mind with this completed booklet.

PLEASE NOTE: THIS IS NOT A REPLACEMENT FOR A WILL OR ADVANCED CARE PLANNING. Without a will your estate will be in probate for a longer time and may cause confusion for those you leave behind. On Page 5 are some internet links for these topics. See a lawyer or Notary Public to make sure your paperwork is legal.



TABLE OF CONTENTS

Page 1	LOGISTIC BASICS
Page 1	CONTACT LIST
Page 2	FINANCIAL LIST
Page 2	UTILITY LIST
Page 3	ONLINE PRESENCE LIST
Page 3	ONLINE BUSINESS ACCOUNTS
Page 4	SUBSCRIPTION LIST
Page 4	CELEBRATION OF MY LIFE
Page 5	BASIC DESCRIPTIONS OF SOME COMMON TERMS
Page 5	INTERNET LINKS
Page 6	NOTES



A Note From the Facilitator:

It's very important that you let the people closest to you know you have put together this information and that you share the location of this booklet with *someone you trust*, perhaps the same person you choose as your power of attorney or the executor of your estate.

-Lara McIntyre

FINANCIAL LIST

Financial	Company Name	Account/ Policy Number	Contact Information
Bank Account			
Bank Account			
Safety Deposit Box			
Investment			
Investment			
Investment			
Credit Card #1			
Credit Card #2			
Life Insurance			
Car Insurance			
Home Insurance			

UTILITY LIST

Utility	Company Name	Account Number
Electricity		
Landline Telephone		
Cell Phone		
Natural Gas		
Cable		
Internet		
Security/Alarm		

Company Name	Account Number	Password or contact info

CELEBRATION OF MY LIFE: Things to consider

Allow yourself some time to consider the following questions and use some paper to make notes, then write up what you would like and add it to this booklet.

Do you want to have something specific regarding your memorial, funeral or celebration of life?

Perhaps you would like certain foods or drink, songs played, certain photos displayed, a poem read or any number of things.

Do you want a party BEFORE you die, so you can be part of the celebration?

Do you want to make a good-bye video, or write a letter to be read aloud? By whom?

Do you have certain flowers you would like present?

Do you want to have flowers sent to your bereaved survivors or a donation in your name to a charity?

Do you want an announcement in the newspaper/website?

And...*What about your body?*

Do you have a funeral home or institution to handle the movement of your body from home/hospice/hospital? Is this prepaid? If so, add info to your list of contacts.

Do you want to be buried or cremated?

If buried, then: Casket/container type? Open/closed? Embalmed? Where interred? Who performs ceremony? Pallbearers? Grave/Memorial marker details?

If cremated: what would you like done with your ashes?

Would you like a memorial spot? A bench? (Benches are not guaranteed to stay in place in some communities) A tree?

What else do you want?

What is (enduring) power of attorney? (Takes place while you are still alive)

A power of attorney (POA) is a legal document that gives another person the power to take care of your financial and legal matters for you. The person you give this power to is called the “attorney,” and you are called the “donor.” (Here, “attorney” does not mean lawyer.)

A power of attorney gives that chosen person the authority to take care of only your financial and legal affairs. This could include paying bills, doing banking, or selling real estate on your behalf. It does not allow him or her to make decisions about your personal or health care.

<http://seniorsfirstbc.ca/resources/legal-research-articles/power-of-attorney-article/>

What is a Representation Agreement? (Takes place while you are still alive)

With a Representation Agreement an adult may name a representative to do anything that the representative considers necessary in relation to the personal care or health care of the adult. There is a second representative form that allows them to help make decisions, or make decisions on your behalf with respect to personal care and health care, the routine management of financial affairs and obtaining legal services for the adult and instructing counsel. (Some cross over into POA)

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/incapacity-planning>

What is an executor, and what do they do? (Takes place after you die)

An executor is a person or company **named in a will**. The executor gathers up the estate assets, pays the dead person's (deceased's) debts, and divides what remains of the deceased's estate among the beneficiaries. The beneficiaries are the people named in the will to inherit the estate.

What is Advanced Care Planning?

Advance care planning begins by thinking about your beliefs, values and wishes regarding future health care treatment. It is about having conversations with your close family, friends and health care provider(s) so that they know the health care treatment you would agree to, or refuse, if you become incapable of expressing your own decisions.

<http://www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf>

What is DNR / no CPR?

A do-not-resuscitate order, or DNR order, is a **medical** order written by a doctor. In British Columbia it is called **No CPR: Medical Order** -an order to not to attempt Cardiopulmonary Resuscitation (CPR) in the event a patient suffers cardiac or respiratory arrest.

BC Wills and Estates: <https://www.cbabc.org/For-the-Public/Dial-A-Law/Scripts/Wills-and-Estates/176>

Bereavement check list: https://www2.gov.bc.ca/assets/gov/birth-adoption-death-marriage-and-divorce/deaths/bereavement_checklist_web.pdf



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