

Notes: Some BIG questions

This section will help you think about some difficult, yet important, aspects.

- *Write down the name and contact details of your next of kin*

 - *Have you undertaken any planning such as:*
 - *Making a will?*
 - *Appointing a Power of Attorney?*
 - *Arranged a funeral plan?*
 - *Discussed 'DNR' with a medical professional?*
- Write down any planning you have undertaken and any relevant information such as:*
- *Arrangements you have made*
 - *Contact details for people/organisations involved*
 - *Where any relevant paperwork is stored/saved.*

Spare sheets have been included at the end of this document in case you need more space.

Notes: Some BIG questions (continued)

- *If you became seriously unwell, or unable to care for yourself, who would you like to help you make any decisions that need to be made? (This might be your next of kin, but it doesn't have to be.)*

- *If you needed looking after in the future, what type of support would you ideally like to have? You might like to think about:*
 - *Family members*
 - *Carers coming to your home*
 - *Attending a Day Centre*
 - *Care Home*
 - *Hospice*

- *What possessions, e.g. photos, trinkets, pieces of art, etc., do you particularly like to have around you? Perhaps you have a favourite photo, piece of jewellery, or item of soft furnishing (such as a tablecloth or cushion) that reminds you of someone special, or your childhood, or that evokes a sense of wellbeing.*

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Some BIG questions...

My next of kin is
Their contact details are

To date, I have undertaken the following planning...

Topic	Details (<i>Arrangements, contact information, documentation</i>)



Some BIG questions...

If I became seriously ill, or could no longer care for myself, the person I would like to help me make decisions is

Their contact details are

If I needed looking after in the future, my ideal, in terms of support, would be...

My most precious possessions, that I like to have around me, are...



Continuation sheet for:



Continuation sheet for:

