

My Personal Contacts

A

Accountant
Acupuncturist
Address book
Audiologist

B

Baby sitters
Bank manager
Barber
Beauty therapist
Brokers
Business banker

C

Car service/repairer/mechanic
Cardiologist
Care worker
Child care
Children
Chiropractor
Cleaner
Clergy
Contacts
Counsellor

D

Dentist
Denture clinic
Doctor

E

Electrician
Emergency contact
Employment
Enduring power of attorney
Executor of Will

F

Family
Financial advisor/planner
Fund manager
Funeral director

G

Gardener
Gastroenterologist
GP General Practitioner
Grandchildren
Guardian

H

Hairdresser
Husband

I

Imam
Insurance broker

J K L

Lawn mowing person
Legal advisor/lawyer
Life insurance policy manager

M

Maintenance house/property

N

Naturopath
Neighbours
Next of kin

O

Occupational Therapist
Oncologist
Ophthalmologist
Optician
Orthodontist
Osteopath

P

Palliative care team
Parents
Partner
Pastor
Pet sitter/walker
Physiotherapist
Plumber
Podiatrist
Power of attorney
Priest
Psychologist
Public Trustee

Q R

Rabbi
Relatives
Religious advisor

S

Siblings
Solicitor
Specialist
Speech pathologist
Spouse
Stock broker
Substitute decision maker
Support worker

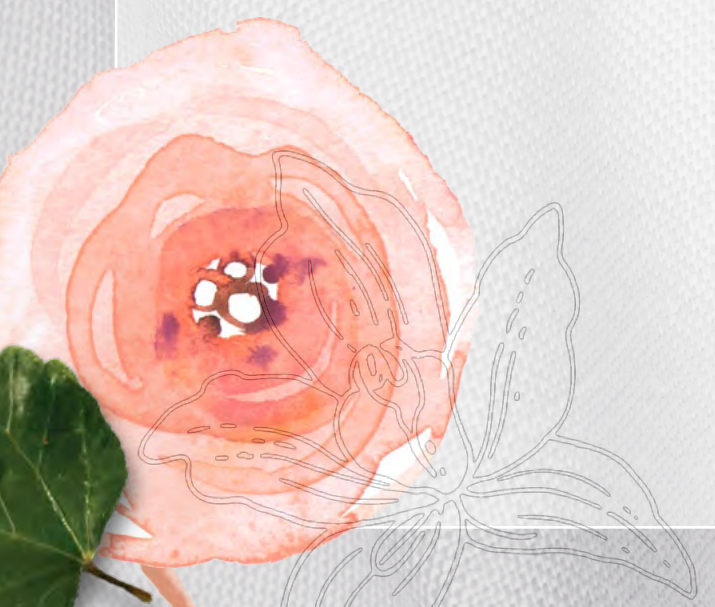
T U V

Vet

W

Wife

XYZ



My Personal Administration

A

ABN
 Accident insurance
 Accounts – bank/building society/credit union
 Accounts – social media
 Accounts – store, subscriptions
 Address
 Adoption agency
 Adoption papers
 Advance Care Directive
 Advance Care plan
 Affiliations
 Alarm
 Ambulance cover
 Annuities
 Antiques
 Appliances
 Artworks
 ATO Tax File number

B

Bank
 Bank accounts
 Bank passwords
 Baptismal papers
 Bike
 Birth certificate
 Birth date and place
 Boat
 Bonds
 Building society accounts
 Businesses

C

Car
 Car insurance
 Car registration
 Caravan
 Care of children
 Cash
 Centrelink
 Certified copies
 Charities
 Cheque account
 Citizenship certificate
 Clubs
 Collections e.g. stamps, coins, dolls
 Companies
 Computer
 Computer passwords
 Contents insurance
 Council rates
 Court ordered payments
 Credit cards
 Credit union accounts

D

Date and place of birth
 Death certificates of family
 Debentures
 Debts
 Deeds to house
 Defence card
 Defence records
 Degree
 Deposits
 Digital media accounts
 Diploma
 Direct debits
 Disability number
 Divorce papers
 Donations
 Drivers license
 DVA Veteran Health cards

E

Education
 Educational awards, degrees
 Electoral role
 Electricity
 Electronic banking pendant
 Email address
 Embassy
 Emergency services levy
 Employee identity cards
 Entitlement cards
 Equipment hire
 Equity investments

F

Facebook
 Family history
 Firearms license
 Foster care
 Foxtel
 Funds
 Furniture

G

Gas
 Google

H

Health cards
 Health insurance/fund
 Heirlooms
 Hire equipment
 Hire purchase
 Home
 Home country
 Home phone
 House
 House alarm
 House insurance
 Housing loan

I

Identity documents
 Immigration papers
 Instagram
 Instructions
 Insurance car
 Insurance contents
 Insurance health
 Insurance house
 Insurance income protection
 Insurance life
 Insurance mortgage
 Insurance plans
 Insurance policies
 Internet provider
 Internet shopping accounts
 Investment funds

J

Jewellery

K

Key box
 Keys spare



L

Land easement
Land titles
Laptop
Lay bys
Lease
Legal will
Library card/books
Licenses
Life insurance
Line of credit
Livestock
Loans

M

Magazine subscriptions
Maiden name
Marriage certificate
Marriage date
Medical bills
Medical insurance
Medical Power of Attorney
Medicare card
Medicare number
Memberships
Military service
Mobile phone
Mobile phone provider/account
Mortgage
Motor vehicle
Motor vehicle registration
Motorbike
Mutual fund
My Gov account

N

Netflix
Newspaper subscription

O

Outstanding lending
Overdraft

P

Passport number
Passport papers
Passwords
Patents
PayPal
Pension number
Pharmaceuticals card
Phones
Pinterest
Play station
Post Office box
Power of attorney
Professional card e.g. nurse
Professional memberships
Property
Property lease
Purse

Q R

Real estate investments
Registration e.g. car, boat
Registration professional e.g. teacher
Rent
Rentals
Repairs
Restraining orders (AVO)
Royalties

S

Safe
Safe deposit box
Savings
Securities
Security cameras
Senior card
Shared pension plans
Shares
Social media accounts
Sports club membership
Stan
Stereo
Stocks
Store cards
Student card
Subscriptions
Superannuation
Swimming pool

T

Tablet
Tax File Number
Television (TV)
Tenancy agreement
Theatre membership
Timeshare
Tool shed
Tools
Trailer
Trusts
Twitter

U

Unit
Utilities

V

Vehicles
Veteran affairs (DVA) number

W

Warranties
Water bill
Will
'Working with children' card

X Y Z

X box

My Health

A

Accessible technologies
Adverse reactions
Alarm personal
Allergies - food
Allergies - medication, tapes
Ambulance
Anaphylaxis
Anti coagulants
Appointments
Aromatherapy
Assistive devices

B

Back support wedges, rests
Batteries for hearing aids
Bed attachment
Bed pad/alarm
Bedpan
Blister pack
Blood collection agency
Blood glucose machine
Blood group
Blood pressure machine

C

Chair high back, recliner
Chair pad/alarm
Chemist
Church
Commode
Communication
Contact lenses
CPAP machine

D

Diet
Discussion about my health and care
District nursing
Doctor
Dosette

E

Emergency plan
Equipment hire
Exercises
Eye care

F

Faith
Falls
Family medical history
Foot care
Food allergies
Food intolerance

G

Glasses
Glucometer
Gopher
GP General Practitioner

H

Hay fever
Health
Hearing aids
Heat pads
Hire equipment
Hospital bed

I

Immunisations
Implants
Incontinence pads
Infusion pump

JK

Kylie pads

L

Lifting aids
Lifting device

M

Medic alert bracelet
Medical alert call system
Medical history
Medical insurance
Medicare number
Medication
Meditation
Mouthguard

N

Nebuliser

O

Organ donation
Over toilet seat
Oxygen
Oxygen concentrator
Oxygen equipment

P

Pacemaker
Pain relief
Patches
Pharmacy
Prescriptions
Pressure relieving mattress
Private nursing
Prostheses

QR

Reading glasses
Recliner chair
Rhesus factor

S

Self-help pole
Sheepskin
Shower chair
Side effects
Substitute decision maker
Syringe driver

T

Tablets
TENS machine
Transfer equipment

U

Urinal

V

Vaccinations

WXYZ

Walker
Walking stick
Webster Pack
Wheelchair
Wound care consumables



My Care

A

Activities/hobbies
Addressing me
Advance Care Plan
Afternoon tea
Aftershave
Air conditioner - temperature
Alarms
Alcohol
Allergies - food
Allergies - medication, tapes
Animals
Appointments
Aromatherapy
Art
Assistance - mobility
Audio books

B

Bath
Bathing
Bathing routine
Bed
Bed preferences
Bed time routine
Bedcovers
Bin days
Bins
Blankets
Body hair
Body lotion
Book club
Books
Bowel regime
Breakfast
Bringing washing in

C

Card games
Card making
Care of children
Changing bed linen
Choir
Cigarettes
Cleaning
Cleaning up after pets
Clock
Clothes
Clothing care
Clubs
Cold drinks
Colouring in
Comfort care
Communication
Companionship
Computer games

Condiments
Conditioner
Continence care
Cooking
Correspondence
Craft
Cricket
Crosswords
Cultural background
Culture practices
Current affairs
Curtains - open/close

D

Daily living support
Daily routine
Denture care
Deodorant
Desserts
Dietary requirements
Dinner
Disability
Discussion about my health and care
Discussion topics
Dishwashing
Dislikes - food and drink
Doors - open/closed
Dressing
Drinks
Dusting
DVD's

E

Eating meals
Electric blanket
Electronic devices
Entry to house
Errands
Exercise/s
Eyebrows
Eye care

F

Face cream
Face masks
Facebook
Facial hair
Faith
Fan
Favourite food and drink
Feeding myself
Films
Finances
Finger nails
Fixing things
Flossing
Flowers

Fluid intake
Folding washing
Food allergies
Food and drink preferences
Food intolerance
Food preparation
Football
Foot care
Foxtel
Fresh air
Fruit
Furniture layout

G

Games
Garden
Gardening
Glass of water beside me
Glasses
Going out
Gopher
Groceries
Groups

H

Hair care
Hair products
Hair removal
Hand cream
Hanging out washing
Hearing aids
Heater temperature
Hobbies
Home assistance
Home security
Hospice
Hospital
Hot drinks
Hot flushes
Hot pack
House work
Humour
Hygiene preferences
Hygiene routine

I

Ice pack
Imam
Important people to me
Important places to me
Incontinence management
Interests
Internet
Ironing

J

Jewellery

KL

Language
Laughter
Laundry
Lawn care
Left handed
Library
Life stories
Lighting
Lipstick
Lunch

M

Magazines
Maintenance
Make up
Making beds
Making tea/coffee
Massage
Meal planning
Meal times
Meals on Wheels
Medication - help me with
Meditation
Menopause
Menstruation
Mental stimulation
Minister
Mobility
Moisturiser
Morning routine
Morning tea
Mouth care
Movies
Mowing lawns
Music
Musicals
My story

N

Nails
Naps
Netflix
News
Newspaper
Nick name
Nutrition
Nutritional supplements

O

Organising things

P

Pain relief
Painting
Pastimes
Pastor
Perfume
Personal alarm
Personal hygiene
Pet care
Pets
Photos

Picking up
Pictures
Piercings
Pillow
Places to visit
Planting
Play station
Plays
Pot plants
Prayers
Preferences
Preferred name
Preparing meals and snacks help
Priest
Privacy
Putting washing away
Puzzles
Pyjamas

R

Rabbi
Radio settings
Radio stations
Rainwater
Reading
Reading glasses
Reading light
Religion
Religious items
Religious practices
Religious routines
Remote controls
Respite care
Resting in bed
Right handed
Rituals
Room temperature
Routines
Rubbish

S

Sacraments
Savoury
Scripture reading
Securing valuables
Security
Services
Serving meals
Sewing
Shampoo
Sharps disposal
Shaving
Shopping for groceries
Shopping for personal items
Shower
Showing me affection
Significant achievements
Silence
Sitting out
Skin care
Sleeping - position/routine
Smoke alarm care
Smoking
Snack times
Snacks

Soap
Soccer
Social media
Spiritual practices
Spiritual routines
Spirituality
Sports
Stan
Storage
Sudoku
Sunscreen
Supper
Support
Swallowing
Sweeping
Sweets

T

Tablet
Take away food
Tea
Technology
Teeth cleaning
Telephone
Temperature
Tending plants
Theatre
Tissues
Tobacco products
Toes nails
Toileting
Toothbrush
Torch
Touch
Towels
Transport
Trimming trees
TV programmes

U

Underarm hair
Using the phone

V

Vaccinations - pets
Vacuuming
Videos
Visitors

W

Walking frame
Walking stick
Washing
Water
Weeding
Wheelchair
Wig
Windows - open/closed
Wishes - preferences
Worship

XYZ

X box

My Death

A

Advance Care Plan
After my death
Ashes

B

Bequests
Birth details
Burial
Burial clothing

C

Cards for people
Casket
Celebration pre-death
Cemetery
Cemetery plot
Chants
Charities
Clothing
Coffin
Communication
Cremation
Cultural practices

D

Death notice
Dying environment
Dying who present
Dying wishes

E

Education
Employment information
End of life treatment
Estate planning
Eulogy - plan, give
Executor of Will

F

Family details
Family history
Family viewing
Favourites - songs, food, hobbies
Flowers
Funeral
Funeral director
Funeral home
Funeral location
Funeral notice
Funeral service

G

Gifts

H

Headstone
Honouring me
Hymns

I

Indigenous sorry business
Inscription

J

Jewellery

KL

Last rites
Letters for people

M

Marriage details
Memberships
Memorial card
Memorial donations
Memorial register
Memorials
Memory box
Military service
Music
My remembrance

N

Name details

O

Obituary
Organ donation

P

Pall bearers
Palliative care
Person to lead funeral
Pets
Photo albums
Photographs
Place to die (preferred)
Plaque
Plot
Prepaid funeral

QR

Readings - what, who
Religious advisor
Religious practices
Remembrance
Ritual

S

Schooling
Scripture
Scripture readings for funeral
Significant achievements
Songs
Sorry business
Spiritual advisor
Spiritual remembrances
Stories

T

Tissue donation
Topics to discuss
Transportation
Treatment decisions

U

Unfinished business
Urn

V

Venue for after funeral gathering
Video
Viewing
Visitors

WXYZ

Will
Wishes - after death
Wishes - dying