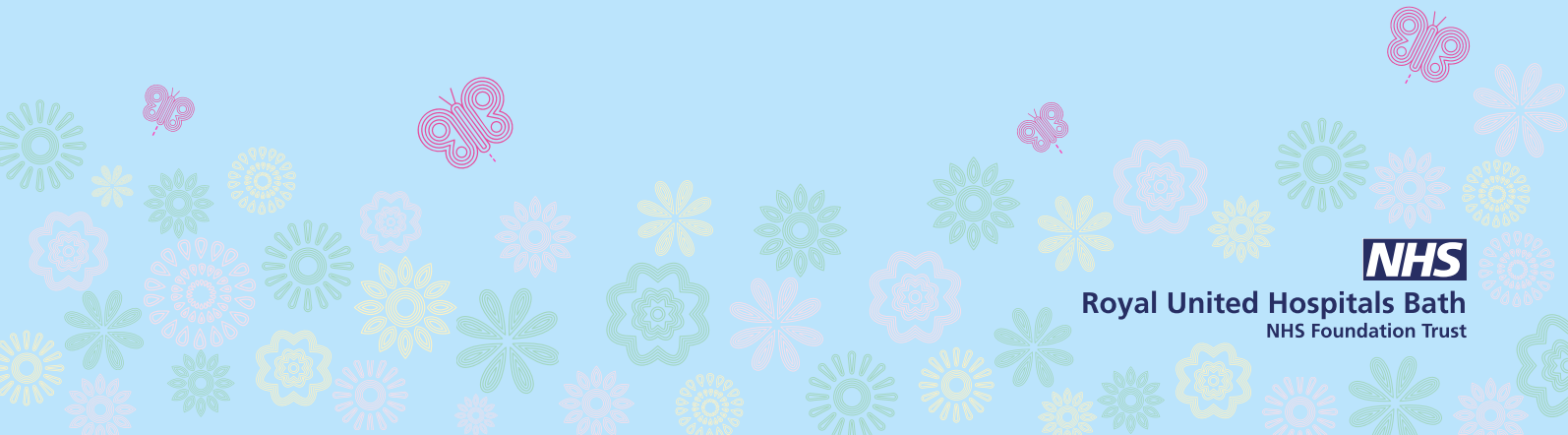




# What Matters Most

## My Future Wishes



**Royal United Hospitals Bath**  
NHS Foundation Trust



# What Matters Most

## My Future Wishes



"Each life is a story, with a beginning, middle and end, and in life, as in all great stories, the ending leaves a lasting impression. Much of life is spent planning and living those plans, from birth to jobs, relationships, home and holidays. Throughout our lives we prefer to make choices about the way we live, and we make these choices based on what matters most to us. Everyone is different, and our choices are different, too. Although most people do not know when

their story will end, I believe the final chapter of every life is too important to leave to chance. Capturing your choices now, helps your final chapter reflect more of your wishes, preferences, goals and hopes. That's what matters most to us".



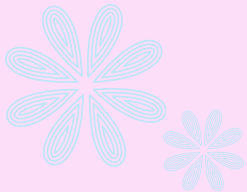
Rebecca Spicer-Thomas  
Lead Nurse Palliative and End of Life Care

We hope the My Future Wishes planner will be a helpful way to think about your own values, goals and wishes, and the things that matter most to you in life now and if you become less well, lose capacity, and when you are at the end of your life. It will offer you a chance to begin important conversations with those people close to you. It can be a useful tool to think about the things you might or might not want to happen, if you should lose capacity or be too unwell to express what matters most yourself.

It can also help you think about what information you might need from those who may be caring for you, and a chance to start discussions with healthcare teams involved in your care and treatment. We hope this tool will lead you, step by step, to think about and share the things that matter most to you.

Your wishes and preferences can change over time and these can be updated and shared at any time.

### Meet your Palliative Care Team



Use these coloured tabs to easily find your most important sections throughout this booklet.

# Contents

• Personal Information	5
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Completed ☐

# What Matters Most

## My Personal Information

Complete this section with details about your immediate family or those closest to you. It's always good to keep these details as up to date as possible.

### **My Details**

Title:\_\_\_\_\_Forename:\_\_\_\_\_

Surname:\_\_\_\_\_

Pronouns:\_\_\_\_\_Date of birth:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Mobile number:\_\_\_\_\_

Email:\_\_\_\_\_

National Insurance number:\_\_\_\_\_

### **Spouse/partner/civil partner or next of kin**

Title:\_\_\_\_\_Forename:\_\_\_\_\_

Surname:\_\_\_\_\_

Pronouns:\_\_\_\_\_Date of birth:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Mobile number:\_\_\_\_\_

Email:\_\_\_\_\_

National Insurance number:\_\_\_\_\_



**Children/parents/  
dependents/close family**

Title:\_\_\_\_\_Forename:\_\_\_\_\_

Surname:\_\_\_\_\_

Pronouns:\_\_\_\_\_Date of birth:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Mobile number:\_\_\_\_\_

Email:\_\_\_\_\_

Relationship:\_\_\_\_\_

**Children/parents/  
dependents/close family**

Title:\_\_\_\_\_Forename:\_\_\_\_\_

Surname:\_\_\_\_\_

Pronouns:\_\_\_\_\_Date of birth:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Mobile number:\_\_\_\_\_

Email:\_\_\_\_\_

Relationship:\_\_\_\_\_

Address books or contact lists are kept:

\_\_\_\_\_

## My Pets

Name:\_\_\_\_\_

Breed:\_\_\_\_\_

Colour Description:\_\_\_\_\_

Date of birth:\_\_\_\_\_

Microchipped: ☐ Yes ☐ No

Microchip number:\_\_\_\_\_

Name:\_\_\_\_\_

Breed:\_\_\_\_\_

Colour Description:\_\_\_\_\_

Date of birth:\_\_\_\_\_

Microchipped: ☐ Yes ☐ No

Microchip number:\_\_\_\_\_

## Vet Details

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Pet insurance details:\_\_\_\_\_

Wishes incase of emergency:\_\_\_\_\_

After my death, I wish for my pets to be  
cared for as follows:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

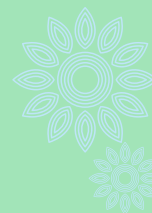




Completed ☐

# What Matters Most

## My Contacts



Use this section to include your most important contact, this could be loved ones, or doctors. Whoever you deem as the most important.

My most important contacts:

**Contact 1**

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Relationship:\_\_\_\_\_

**Contact 3**

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Relationship:\_\_\_\_\_

**Contact 2**

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Relationship:\_\_\_\_\_

**Contact 4**

Name:\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Telephone number:\_\_\_\_\_

Relationship:\_\_\_\_\_

Completed ☐

# What Matters Most

## My Documents



Throughout our lives, we collect so many different documents which are important to keep a hold of. Recording the whereabouts of these will be very helpful for family, when they are needed most.

● Birth Certificate:\_\_\_\_\_

● NHS card:\_\_\_\_\_

● Marriage/Civil Partnership certificate:  
\_\_\_\_\_

● Medical Exemption card:  
\_\_\_\_\_

● Deeds to your property:\_\_\_\_\_

● Bus pass:\_\_\_\_\_

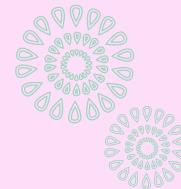
● Driving licence:\_\_\_\_\_

● Travel card:\_\_\_\_\_

● Television licence:\_\_\_\_\_

● Other:\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

● National Insurance card:\_\_\_\_\_



### **My Pension**

Company name:\_\_\_\_\_

Reference number:\_\_\_\_\_

Location of document:\_\_\_\_\_

### **My Life Insurance**

Company name:\_\_\_\_\_

Reference number:\_\_\_\_\_

Location of document:\_\_\_\_\_

### **My Funeral Plan**

Company name:\_\_\_\_\_

Reference number:\_\_\_\_\_

Location of document:\_\_\_\_\_

Wishes for my funeral:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **My last Will and testament**

Your Will gives you the power to look after friends and family, take care of your finances and possessions, and neatly tie up your affairs. Making things easier for your loved ones at at difficult time.

To write or update your Will, we'd recommend speaking to a solicitor or legal Will writer. They'll be able to walk you through the process, explain all the legal terms and advise on any questions you may have.

## My Will

Location:\_\_\_\_\_

Nominated Executors:\_\_\_\_\_

\_\_\_\_\_

Nominated Guardians:\_\_\_\_\_

\_\_\_\_\_

## My Lasting Power of Attorney – Property and Financial Affairs

Location:\_\_\_\_\_

Deputies and their contact details:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is it registered?\_\_\_\_\_

## My Lasting Power of Attorney – Health and Welfare

Location:\_\_\_\_\_

Deputies and their contact details:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Is it registered?\_\_\_\_\_

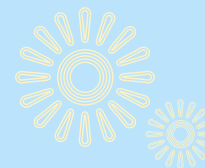
Scan this QR code to find out more  
information on how to make, register  
or end a lasting power of attorney.



Completed ☐

# What Matters Most

## My Property and Possessions



## My Property

Address:\_\_\_\_\_

\_\_\_\_\_Postcode:\_\_\_\_\_

Owner or tenant?\_\_\_\_\_

Is there a mortgage? ☐ Yes ☐ No

Is there equity release on the property? ☐ Yes ☐ No

My documents are held:\_\_\_\_\_

\_\_\_\_\_

### If I'm a tenant:

Landlord/agent name:\_\_\_\_\_

\_\_\_\_\_

Contact details:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## My Vehicles

### Vehicle 1

Name of keeper:\_\_\_\_\_

Make and model:\_\_\_\_\_

Registration number:\_\_\_\_\_

Document locations:\_\_\_\_\_

Garage or parking permits:\_\_\_\_\_

### Vehicle 2

Name of keeper:\_\_\_\_\_

Make and model:\_\_\_\_\_

Registration number:\_\_\_\_\_

Document locations:\_\_\_\_\_

Garage or parking permits:\_\_\_\_\_



Significant possessions includes items such as antiques, furniture, glassware, jewellery, photographs, letters/cards etc.

Letting loved ones know which items hold either monetary or sentimental value, can be helpful so that these items are kept safe and looked after properly.

Donating any unwanted items to charity is a great way of organising and also keeping any important possessions up to date.



**Items of sentimental value:**

1: \_\_\_\_\_  
\_\_\_\_\_  
2: \_\_\_\_\_  
\_\_\_\_\_  
3: \_\_\_\_\_  
\_\_\_\_\_  
4: \_\_\_\_\_  
\_\_\_\_\_

**Items of monetary value:**

1: \_\_\_\_\_  
\_\_\_\_\_  
2: \_\_\_\_\_  
\_\_\_\_\_  
3: \_\_\_\_\_  
\_\_\_\_\_  
4: \_\_\_\_\_  
\_\_\_\_\_

Completed ☐

# What Matters Most

## My Finances

Use this part of the planner to note down any financial information, easily keeping it all in one place. This will help to organise any financial arrangements you may have, and assist your Attorneys to look after your affairs.

### Everyday Banking

**Organisation 1:**\_\_\_\_\_

Name of account:\_\_\_\_\_

Type:\_\_\_\_\_sole/joint account:\_\_\_\_\_

☐

Card

☐

Cheque book

**Organisation 3:**\_\_\_\_\_

Name of account:\_\_\_\_\_

Type:\_\_\_\_\_sole/joint account:\_\_\_\_\_

☐

Card

☐

Cheque book

**Organisation 2:**\_\_\_\_\_

Name of account:\_\_\_\_\_

Type:\_\_\_\_\_sole/joint account:\_\_\_\_\_

☐

Card

☐

Cheque book

**Organisation 4:**\_\_\_\_\_

Name of account:\_\_\_\_\_

Type:\_\_\_\_\_sole/joint account:\_\_\_\_\_

☐

Card

☐

Cheque book

**REMINDER – Do not record any PIN numbers or security information in this planner!**



## **Pensions, shares, endowment and life insurance policies**

### **Organisation 1**

-----

Type:-----

Reference number:-----

### **Organisation 2**

-----

Type:-----

Reference number:-----

### **Organisation 3**

-----

Type:-----

Reference number:-----

## **Insurance policies for home contents, buildings and vehicles**

### **Home contents**

Organisation/reference number:

-----

### **Building**

Organisation/reference number:

-----

### **Motor**

#### **Car 1:**

Organisation/reference number:

-----

#### **Car 2:**

Organisation/reference number:

-----

Completed ☐

# What Matters Most

## My Digital Assets

As we move to spending more time online, it's important to think about what you would like to happen to your digital assets. Especially if loved ones want to keep precious photographs from your social media accounts, before they are deactivated or turned into memorial accounts.

### My Phone

Passcode:\_\_\_\_\_

Network provider:\_\_\_\_\_

### Account 1

Username:\_\_\_\_\_

Associated Email:\_\_\_\_\_

Password:\_\_\_\_\_

### Account 2

Username:\_\_\_\_\_

Associated Email:\_\_\_\_\_

Password:\_\_\_\_\_

### Account 3

Username:\_\_\_\_\_

Associated Email:\_\_\_\_\_

Password:\_\_\_\_\_

### Account 4

Username:\_\_\_\_\_

Associated Email:\_\_\_\_\_

Password:\_\_\_\_\_

Scan this QR  
code to learn  
more about  
digital assets



Completed ☐

# What Matters Most

## My Traditions and Customs

**My traditions and customs** can be traditional ceremonies and spiritual, or religious rites and rituals that matters and bring meaning to you. They can also include customs, during and at the end of your life, and also associated with funerals.

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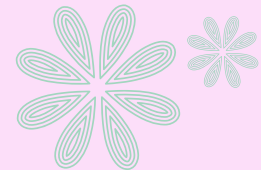
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Completed ☐

# What Matters Most

## My Final Wishes

This final section provides you with the resources to let your loved ones know what matters most to you regarding your final wishes. For your funeral/service and any final requests you may have, but might not want to tell them face to face.

This process may be difficult but you're helping your loved ones know what arrangements you would like. Completing this section means they will know that they are carrying out your exact wishes.

☐ My final wishes for my funeral are documented in this booklet

I have planned to donate my body/brain to medical science ☐ Yes ☐ No

I have planned to donate organ/tissue ☐ Yes ☐ No

Organisation:\_\_\_\_\_

Name:\_\_\_\_\_

Contact number:\_\_\_\_\_

This document is kept:\_\_\_\_\_

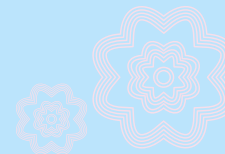
☐ I have already documents my final wishes for my funeral elsewhere

This document is kept:\_\_\_\_\_

Funeral Director / Support through Religious or Spiritual Community

I have already paid for a Funeral Plan ☐ Yes ☐ No

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## My Cremation

I would like to be cremated at:

-----

I would like my ashes to be:

☐ Buried    ☐ Scattered

☐ Interred    ☐ Kept

Any other information I think you  
should know: \_\_\_\_\_

-----

I would like my body to be ☐ Yes ☐ No  
embalmed (if possible):

I would like my body to be dressed in:

-----

-----

-----

-----

## My Burial

I have arranged a burial plot:

☐ Yes    ☐ No

-----

-----

The documents are held: \_\_\_\_\_

The plot is: \_\_\_\_\_

Contact details: \_\_\_\_\_

I haven't made arrangements but I would  
like: \_\_\_\_\_

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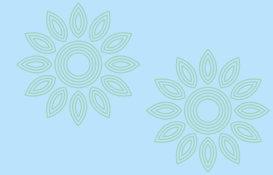
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Before the service, I would like my body  
to rest at:

☐ Home    ☐ Funeral Home

☐ Church    ☐ Other \_\_\_\_\_



## My Service

An after death service: ☐ Yes ☐ No

A committal at the graveside/crematorium: ☐ Yes ☐ No

To be buried: ☐ Yes ☐ No

To be cremated: ☐ Yes ☐ No

This to be held: \_\_\_\_\_

The funeral directors to be:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My coffin to be made of: \_\_\_\_\_

To request the route taken to the service/cremation: ☐ Yes ☐ No

\_\_\_\_\_

## I would like...

My services to be conducted by:

Name: \_\_\_\_\_

Contact details: \_\_\_\_\_

To request the below at my service (if possible):

Songs sung or played: \_\_\_\_\_

\_\_\_\_\_

Readings: \_\_\_\_\_

\_\_\_\_\_

Prayers: \_\_\_\_\_

\_\_\_\_\_

My death to be announced in the following publications:

\_\_\_\_\_

I have no preferences on my death announcement ☐

The following loved ones to be asked if they could be a part of my service:

Name: \_\_\_\_\_

Role: \_\_\_\_\_

Name: \_\_\_\_\_

Role: \_\_\_\_\_

Name: \_\_\_\_\_

Role: \_\_\_\_\_

### **My Flowers and Donations**

I would like flowers at my funeral:  
☐ Yes ☐ No

These are my favourite: \_\_\_\_\_

\_\_\_\_\_

I wish for donations to go to RUHX ☐ Yes ☐ No

To another charity:

\_\_\_\_\_

After the service, I would like my loved ones to join or gather at:

\_\_\_\_\_

\_\_\_\_\_

I would/would not like a memorial stone:

\_\_\_\_\_

I would/would not like a different type of commemoration: \_\_\_\_\_

\_\_\_\_\_

My other wishes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I have made financial provisions for these arrangements and wishes: ☐ Yes ☐ No

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## My Ethical Will

An Ethical Will is a document that is traditionally passed down to children to share ethical values from one generation to another. You can use an Ethical Will to share wisdom, family history, life lessons and stories. This type of document is very personal, and is a way some may want to be remembered by their loved ones.

I have an Ethical Will ☐ Yes ☐ No

My Ethical Will can be found:

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## My Final Messages

In this sections, you may wish to begin thinking about leaving any final messages for your loved ones.

There are some conversations that you might have been too uncomfortable to have, or have thoughts of 'I wish I had told them...' or 'we should have talked about...'

These messages are so important for your loved ones, and will give them a sense of comfort when they're grieving, and will also provide them with a treasured gift reminding them of you.

My final messages can be found:

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# **What Matters Most**

My Notes and Thoughts

Handwriting practice lines consisting of 15 horizontal dashed lines.



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# Leaving a gift in your Will

RUHX Charity

Thank you for taking the time to read through, and complete our planner. We hope you have found each section useful. If you need any further support, please speak to our Palliative Care team at the RUH, Bath.

If you wish to discuss getting your affairs in order, advice on writing your Will, updating or including a gift to RUHX, please contact our Gifts in Wills team at RUHX.

To discuss the area you wish to support or if you have any other questions, we'd love to have a chat with you, in complete confidence.

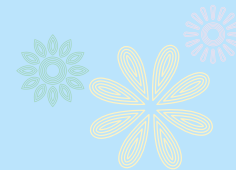
RUHX, is the official NHS charity of the Royal United Hospitals Bath NHS Foundation Trust. Since 1999, we have gone further to give every patient the extra extraordinary care they deserve, whilst supporting our staff to do what they do best and furthering innovation within our hospitals

We make sure that every penny we raise goes towards improving health, happiness and wellbeing for everyone in our community.

Thank you

**The RUH End of Life and  
Palliative Care team**

**The RUHX Gifts in  
Wills team**



## Palliative Care team

### Email

[ruh-tr.palliativecareteam@nhs.net](mailto:ruh-tr.palliativecareteam@nhs.net)

### Phone

01225 428331

## RUHX team

### Email

[giftsinwills@ruhx.org.uk](mailto:giftsinwills@ruhx.org.uk)

### Phone

01225 825900

### Visit

[ruhx.org.uk/gift-in-wills](http://ruhx.org.uk/gift-in-wills)



RUHX (formerly known as The Forever Friends Appeal) is the working name of the RUH Charitable Fund. Registered with the Charity Commission for England and Wales No.1058323

The **My Future Wishes** planner has been funded by RUHX

