AGING WELL

CARE NAVIGATION LTD.

The People Who Matter to Me

A thoughtful guide to the people I would like you to contact when I'm gone.

The people who matter to us are not always known to one another. This list helps those supporting you know whom you would like notified after your death, how to reach them, and how you would prefer the news to be shared.

Type into the fields or print and complete by hand. Save your completed copy.

My name

Last reviewed / updated

Who I would like to help share the news

Preferred contact person: name, relationship and phone / email

Alternate contact person: name, relationship and phone / email

My preferences for sharing the news

People I would like contacted first (before wider announcements)

Preferences about phone calls, messages, group notices or social media

Getting started: Think of close friends, neighbours, former colleagues, clubs, faith or cultural communities, and people living far away. Include the connections that matter to you.

Discuss this plan with your chosen contact person. Keep completed copies private, tell them where to find it, and review when contacts or wishes change. This is a personal planning aid.

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My notification contact list

Use additional copies of these contact pages if needed.

My name

Last reviewed / updated

Contact 1

Name / group contact

Relationship / group

Phone (include country / area code)

Email / other way to reach them

What I would like you to know about this person

Contact 2

Name / group contact

Relationship / group

Phone (include country / area code)

Email / other way to reach them

What I would like you to know about this person

Personal notes can include how we met, why this person matters to me, a shared memory, or something helpful to know when contacting them. Use extra copies for more people.

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My notification contact list

Use additional copies of these contact pages if needed.

My name

Last reviewed / updated

Contact 3

Name / group contact

Relationship / group

Phone (include country / area code)

Email / other way to reach them

What I would like you to know about this person

Contact 4

Name / group contact

Relationship / group

Phone (include country / area code)

Email / other way to reach them

What I would like you to know about this person

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