



The Binder of Life

- ✓ Full legal name.
- ✓ Social Security number.
- ✓ Social Security & VA Benefits.
- ✓ Date and place of birth.
- ✓ Names and contact information of spouse and children.
- ✓ Location of certificates for birth, death, marriage, divorce, citizenship, and adoption.
- ✓ Employers; dates of employment; retirement records.
- ✓ Retirement Plan Administrators.
- ✓ Names and phone numbers of religious contacts.
- ✓ Memberships in groups and awards received.
- ✓ Names and phone numbers of close friends, relatives, and lawyer or financial advisors.
- ✓ Names and phone numbers of doctors.
- ✓ Medications taken regularly.
- ✓ Location of legal documents.
- ✓ Digital information online, backup, or on hard drive.
- ✓ Education and military records.
- ✓ **Journal of caregiving.**