

THIS LIFEARCHIVE BELONGS TO:

NAME

PERSONAL NUMBER

# LIFEARCHIVE





## Lifearchive – an important document

All has a beginning and all has an ending. When we are in the middle of our lives we do not occupy our minds thinking that one day it all will be over, or rather – we don't want to think about it. We can make things easier for those whom we will leave behind by taking some steps now, while we are full of life.

Do your closest ones know where you keep your important documents? Do they know which insurance you do have and in which companies? Probably your relatives are as unaware of this as you are about theirs.

The day when you are gone and you have left your Lifearchive behind, you will have left a fond memory.

Which sort of care would you like to receive if you suffer from a disease that makes you incapable of expressing your wish? Who knows you better than yourself? So, why not writing down valuable information to your closest ones and last but not least, to the care staff that one day perhaps will be taking care of you?

Your funeral is the last chance for your family, relatives and friends to say their goodbyes and your last chance to influence their memory of that day. Those who are high-spirited and who love having people around themselves have many friends wanting and needing to say goodbye. That can be done in many different ways. Like they say, sky is the limit. Funeral homes know the limits and they guide your relatives when the day comes. You can assist them by writing down your wish.

At the end of the Lifearchive there is a summary where you can leave the story of your life among other things.

Our hope is that penning down this Lifearchive becomes a pleasant journey with many memories and smiles, just like it will be the day your relatives read it. There will be an exchange of memories, smiles and tears, but rather than unanswered questions, which many times end up creating disagreement among the mourners.

Some call it a love letter, others my wishes. Call it whatever you like but the important thing is that you do not leave your relatives in uncertainty.

# My important documents

**C**ollect all your important documents such as a cohabitation agreement, prenuptial agreement, will, agreement, insurance letter and a gave confirmation letter together with your Lifearchive. Store your Lifearchive in an easy-to-find place for your relatives when needed. The safest is to leave all to an authorised funeral home that, through Lifearchive Document Monitoring, stores and monitors it to bring it forward as soon as the funeral home finds out about your death. To ensure that the Lifearchive with information about you is being used, in case one day you need care and cannot longer express your will, you should fill in and store a card on a wallet. Lifearchive is attached to your personal number, so regardless of your place of residence in the country, we can always see that your Lifearchive is being brought forward the day it is needed. You are of course entitled to update your documents whenever you wish to do so. Lifearchive is stored free of charge. There is a small fee for storage of wills and other documents. Should you wish to fill in your Lifearchive completely digitally, go to [www.livsarkivet.se](http://www.livsarkivet.se) where it also would be saved and monitored.

## Will

- I have made a will dated the \_\_\_\_\_
- Safely stored in the following location  
\_\_\_\_\_  
\_\_\_\_\_
- There is a copy at \_\_\_\_\_
- Stored at Lifearchives Document Monitoring

A will dictates how to distribute everything you own after your death. It should be written and witnessed by two people who are at least 15 years old and unbiased. Always hire an adviser to make your will.

## Cohabitation agreement

- I have established a cohabitation agreement dated the \_\_\_\_\_
- Safely stored in the following location  
\_\_\_\_\_  
\_\_\_\_\_
- Stored at Lifearchive Document Monitoring

The Cohabitation Act can be invalid through a Cohabitation Agreement. Then each one keeps his/her belongings if they go separate ways or in case of death.

## Prenuptial agreement

- Prenuptial agreement is registered at a district court
- Stored at Lifearchives Document Monitoring

A prenuptial agreement can be established to make a certain possession or all to belong only to a person in a marriage. As an example it could be mentioned spouses who want to inherit properties to a certain person or when they want to keep each spouse's properties separated.

## Previous Estate

- Estate after \_\_\_\_\_
- Safely stored in the following location  
\_\_\_\_\_  
\_\_\_\_\_
- Stored at Lifearchive Document Monitoring



## Title Deed

I am partly or entirely attested to the deeds for the following properties/land

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I am partly or entirely attested a tenant ownership/buildings

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## Grave confirmation letter

I am the owner to the following graves

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Stored at Lifearchive Monitoring

## Other documents

I have also the following important documents (deed of gift, credit documents, grades, employer's certificate etc) \_\_\_\_\_

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Stored at Lifearchive Document Monitoring

## Others

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Being the owner to a grave means that those registered in the Cemetery Administration are also assigned a certain grave.

Other notes





# Insurance

- The carrier of the home/house insurance is \_\_\_\_\_  
\_\_\_\_\_
- The carrier of the life insurance is \_\_\_\_\_  
\_\_\_\_\_
- The carrier of the health insurance is \_\_\_\_\_  
\_\_\_\_\_
- The carrier of the accident insurance is \_\_\_\_\_  
\_\_\_\_\_
- The carrier of the business interruption insurance is \_\_\_\_\_  
\_\_\_\_\_
- Burial insurance at Memento
- Burial insurance at another carrier \_\_\_\_\_  
\_\_\_\_\_
- Group life insurance
- Insurance through employer
- Pension Insurance \_\_\_\_\_  
\_\_\_\_\_
- Insurance through a trade union \_\_\_\_\_
- Other insurance and carriers \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Stored at Lifearchive Document Monitoring

In case you do not have full control over all your types of insurance, help can be provided to find them for a fee. Funeral homes know more.



## About donation

The quantity of donations in Sweden do not cover the need of organs to all the patients awaiting transplant. Unhealthy organs and tissues can be replaced with healthy ones from another person through transplant. Kidneys, livers, hearts, lungs and pancreases can be transplanted nowadays. It is also possible to transplant tissues such as skin, cornea, heart valves and bone tissue.

Transplantations can be carried out on the basis that there are people who want to donate their organs and tissues after death. You can express your wish by registering to the donation registry or by filling out a donor card. Register to the donation registry at [www.livsviktigt.se](http://www.livsviktigt.se) or call the donation hotline at 020 - 77 11 77.

Many people have a firm position regarding organ donation. To ensure that your wish is respected after your death your relatives should be informed. The same applies to the autopsy, although in some cases it is unavoidable.



## Organ and Tissue Donation

You should decide whether you wish to donate your organs and tissues after your death. You should decide if your donation is for transplant and other medical purposes or only transplant. It is possible to exclude certain organs or tissues that you do not wish to donate.

- I have registered to the donation registry or filled out a donor card
- I do not want to donate any organs or tissues after my death

## Autopsy

- I have nothing against autopsy
- I do not wish for an autopsy to be performed on me unless there are special circumstances

## About care towards the end of life, End of life directives

According to the Health & Care Act (HSL, 1982:763) there are regulations "that health care should be carried out in consideration to the patient's own will and integrity to provide the patient's need to safety in care and treatment." (our translation). If I am the target of an accident, become permanently ill or because of other reasons I cannot express my wish, doctors, and other care takers are to proceed according to my wish which I have expressed in my Livsslutsdirektiv (End of Life Directives), [www.rtv.d.nu](http://www.rtv.d.nu)

- I have made a Livsslutsdirektiv stored at \_\_\_\_\_

# When I cannot express my wish any longer while I am alive

**I**n the middle of our lives we can all become ill or have an accident becoming thus at the care and attention of others. To smooth things for them and make the best out of life you can leave worthy information about yourself.

## Morning or evening

I am  an early bird  a night owl

## Clothes

I feel most comfortable wearing \_\_\_\_\_

## Colours

The colours I prefer are \_\_\_\_\_

The colours I do not like and I absolutely would not want to wear or have as decoration are \_\_\_\_\_

## Music

I rather listen to  Jazz  Classic  Swedish top  
 Religious  Swedish Dansband  Sing-along  
 All kinds of music  other type of music, that is \_\_\_\_\_

My favourites artists are \_\_\_\_\_

## Food and bevarage

Food I gladly eat \_\_\_\_\_

Food I do not like \_\_\_\_\_

With my food I rather drink

Milk  Water  Beer  Soda  Wine  
 Other \_\_\_\_\_

## Allergies

I am allergic to \_\_\_\_\_

You are welcome to check both boxes if you are both an early bird and a night owl.

It is known that well-being comes from the inside, but getting to wear the clothes you feel most comfortable with and being the right colours makes a difference.

Have in mind that food and beverage enriches our existence



Informing about possible allergies can become a matter of life and death. Indicate thoroughly what triggers allergies and possible reactions.





## Pets

Pets I have or have had \_\_\_\_\_

\_\_\_\_\_

Animals I like \_\_\_\_\_

\_\_\_\_\_

## What makes me feel good

- I enjoy being out in nature
- I rather do things indoors
- I enjoy being around people
- I prefer being on my own

\_\_\_\_\_

\_\_\_\_\_

## News papers, literature and media

Daily news papers, weekly magazines and other magazines are important to me and I read the following \_\_\_\_\_

\_\_\_\_\_

Books/authors I rather read or listen to \_\_\_\_\_

\_\_\_\_\_

Websites, Radio and TV shows I rather listen to and watch

\_\_\_\_\_

## Travel and hobbies

I enjoy travelling and I have visited the following countries/places

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I am a member of the following organisations of which I would like

to remain a member of \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Exit from \_\_\_\_\_

\_\_\_\_\_

Some people love dogs and cats while others fear them.

Pets are not unusual within care centres.

The more you describe your hobbies the more likely it is for your relatives and the care staff to consider your interests.

Having an affinity with an association is of great importance. Many associations work looking up people who are not able to keep active no their own.



## Work and Education

I have studied \_\_\_\_\_

\_\_\_\_\_

I work – I have worked as \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Being able to talk about your line of work is stimulating. Our jobs are or have been a great part of our lives.

## My Family and Friends

My closest relatives (name and date of birth) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My closest friends are \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I was born and raised \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of family members, alive and deceased is information that can come in handy if given to relatives or caretakers.





# This is what my funeral should be like

**I**t is important that your family and friends get to say their goodbyes as it is an important step in recovering from loss. How would you like yourself to be remembered? It would be a fine gesture to put a smile on the faces of your beloved ones when they read your thoughts about your funeral. We underestimate ourselves way too often; we do not want to get too much attention or be too visible. Let your funeral be a tribute to the life that was.

## Funeral services

- I am a member of the Church of Sweden and I would like a funeral using the Church of Sweden's standard procedure
- I would like a funeral by a Free Church
- I would like a civil funeral
- I would like a funeral according to \_\_\_\_\_
- I want the funeral services to be held at \_\_\_\_\_  
\_\_\_\_\_ Church/chapel/other site

This is how I would like my burial ceremony to be designed \_\_\_\_\_

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- I leave it to my relatives to design my burial ceremony

## Earth Burial or Cremation

- I want an earth burial       I want to be cremated
- I leave this matter to my relatives

## Choice of grave or burial ground

- I would like to be buried at \_\_\_\_\_  
\_\_\_\_\_ Cemetery/burial ground
- New graveyard
- Existing graveyard. Grave number \_\_\_\_\_
- I leave this matter to my relatives

I would like my ashes to be placed at:

- Urn burial       Another grave \_\_\_\_\_
- Memorial grove     Grave at memorial grove/Burial ground
- I would like my ashes to be scattered with the permission of Länstyrelsen – the County Administrative Board (place)

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Most funerals are carried out using the Church of Sweden's standard procedure. A funeral can be arranged according to other Churches if the deceased belongs to another faith. A civil funeral is arranged following the particular wish previously stated by the deceased.

The ground burials consist in placing the coffin on a pit and covering it with soil to left the body to decompose naturally. Cremation reduces the coffin and the body to ashes by burning them. The ashes are consequently buried.

Urns can be kept at special chambers or in a columbarium. Cemetery and burial ground for ashes are other alternatives. There are graves free of maintenance and maintenance can be bought from the Cemetery Administration.

Scattering out in nature requires permission from Länsstyrelsen (The County Administrative Board). The permission can be only be applied for by the survivors.

Here you can freely pen down what you want. The person you would like to lead the ceremony, music requests, psalms, songs, soloist and other things that matter to make it the way you want it. You can continue writing on a loose paper if there is not space enough or at the end of the document.





# Finally – you should also be aware of the following

**T**he sub-heading notes can be used to add other details important to you and thus letting the people who are dealing with the practical aspects know about them.

## Funeral home

The funeral home taking care of my funeral should be \_\_\_\_\_  
\_\_\_\_\_

## Estate Inventory

My estate inventory should be handle by \_\_\_\_\_  
\_\_\_\_\_

## Bank

My bank(s) is/are \_\_\_\_\_  
\_\_\_\_\_

I have a safe deposit box at \_\_\_\_\_  
\_\_\_\_\_

The content of this Lifestory should be followed through as thoroughly as possible and those who should see to that are \_\_\_\_\_  
\_\_\_\_\_

Many people do not have a certain person appointed to take care of the practical aspects regarding the illness or death of a close one. You can appoint one or a more of your closest ones whom you trust. Those appointed by you should know about their part.

They do not have to be aware of the content of your Lifestory but about its existence.



This Lifestory has been revised \_\_\_\_\_

The content of my Lifestory should be disclosed in case of my death to (name, address and telephone number, personal number)

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

PLACE DATE

SIGNATURE

NAME PERSONAL NUMBER







Garantin för  
rätt hjälp

*Sveriges Begravningsbyråers Förbund (SBF) – The Swedish Funeral Homes Association covers 400 authorised funeral homes. The members of the staff undergo an extensive education to become authorised. Each authorised funeral home carry a liability insurance and is controlled by the SBF:s Board for Consumer Disputes (reklamationsnämnd).*