

Plan If is aimed at **ALL** parents. Plan If helps you ensure that your children have the right conditions to provide stability and also have opportunities to remember and maintain bonds with their parent if they should die while the children are young. If things haven't been sorted out in advance, this leaves many families unprepared for the future.

- A parent with children under 18 dies every 22 minutes in the UK
- For people of parental age, at least one in four deaths is unexpected
- One in 20 sixteen year olds have been had a parent die

Plan If isn't meant to be morbid or to make you worry: it's about simple, practical things you can do **This week, This month and This year** to plan for your family's future. And once it's done, you can relax and get on with enjoying life.

This Week	Done	Not yet	Started	Notes
<i>Example</i>			✓	<i>See solicitor next Tues</i>
Making a Will				
<i>Lasting Powers of Attorney</i>				
Appointing Guardians				
Life Insurance				
Contact details for family and friends				

This Month	Done	Not yet	Started	Notes
Financial Affairs				
<i>Bank accounts & credit cards</i>				
<i>Employment details</i>				
<i>Death in service benefits</i>				
Digital assets and online accounts				
<i>Digital assets</i>				
<i>Online accounts</i>				
<i>Social media</i>				
Writing a letter to my child(ren)				
Important people for my child(ren)				
Thinking about my funeral				

This Year	Done	Not yet	Started	Notes
Planning end of life care				
Donating organs and tissue				
Writing cards for future occasions				
Recording family history				
'Keeping things ticking over' manual				

Storing my Plan If	Done	Not yet	Started	Notes
Compiling a file (<i>paper/computer</i>)				
Putting together a box				
Telling someone what I've done				
Sending a picture to planif@ncb.org.uk				