



MUSLIM SENIORS COMMUNITY

My Life & Legacy

Planning Book

Florida Edition

Use this book with someone you trust.

They can read the questions and help you write your answers.

My name _____

Date _____



This book helps you plan. It is not a legal form. You will still need the correct Florida forms.

This book may contain private information. Keep it locked away and tell one trusted person where it is.

You do not have to do this alone

Ask one person you trust to sit with you. This may be your son or daughter, another family member, a friend, an imam, a social worker, or an MSC volunteer.

Do a little at a time

- Choose one page.
- Talk about the question.
- Write a short answer.
- Stop when you feel tired.
- Come back another day.

Keep private information in one safe place

This book includes Private Information pages for important numbers and passwords. Complete those pages, keep the book locked away, and tell only a trusted person where it is.

The person helping me with this book is

My five important steps

- ☐ Choose who will speak for me about my health.
- ☐ Tell that person what matters to me.
- ☐ Complete the correct Florida health forms.
- ☐ Choose someone honest to help with money if I cannot.
- ☐ Tell my family where my important papers are.

The first thing I want to do is

The person who will help me is

WRITE THEIR NAMES

People I trust

Person to call first	Name: _____ Phone: _____
Health decisions	Name: _____ Phone: _____
Backup person	Name: _____ Phone: _____
Money and bills	Name: _____ Phone: _____
Doctor	Name: _____ Phone: _____
Imam or faith helper	Name: _____ Phone: _____

Another person I trust

Who will speak for me

If you are too sick to speak, someone may need to talk with the doctors for you.

Healthcare surrogate. Florida calls this person your

Choose someone who

- ☐ Knows you well
- ☐ Will listen to you
- ☐ Will follow your wishes
- ☐ Can speak calmly with doctors and family
- ☐ Has agreed to help

I would like this person to speak for me

I chose this person because

What is important to me

There are no right or wrong answers. This page helps your family understand you.

The people who matter most to me are

A good day for me is

I want to be able to

When I am sick, these things bring me comfort

What I want my doctor to know

The care that helps me feel safe and comfortable is

If I become very sick, I want my family to remember

If possible, I would like to be cared for at

Talk before you sign

Take these answers to your doctor. Ask the doctor to explain choices slowly and in words you understand.

Questions I want to ask my doctor

Florida health forms

Healthcare surrogate	This form names the person who can speak with doctors for you.
Living will	This form tells doctors about some treatments you may or may not want if you are very sick.

What to do

- ☐ Ask for the current Florida forms.
- ☐ Ask someone to explain every part.
- ☐ Do not sign until you understand.
- ☐ Follow the witness rules written on the form.
- ☐ Give copies to your chosen person and your doctor.

This workbook is not the official form. Florida law calls these documents advance directives.

CPR and DNR

CPR is an emergency treatment used when a person's heart or breathing stops.

A DNR is a medical order that tells healthcare workers not to try CPR.

A DNR is not for everyone

Your doctor can explain whether it makes sense for your health. Do not make this decision only from this booklet.

- Ask: What would CPR likely do for me?
- Ask: Would CPR help me recover?
- Ask: What form is used in Florida?
- Ask: Where should the form be kept?

What my doctor explained

My decision or next question

My faith wishes

Tell your family what gives you peace. If you have religious questions, speak with an imam or scholar you trust.

When I am very sick, I would like

Qur'an, du'a, prayer, modesty, food, or other wishes

The imam or faith helper I want called

Questions I want to ask

My funeral and burial wishes

- ☐ I have told my family what I want.
- ☐ I know which mosque or imam to call.
- ☐ I know which funeral home to call.
- ☐ I have thought about where I want to be buried.
- ☐ I have chosen who should lead the arrangements.

Mosque or imam

Funeral home or cemetery

My other wishes

Who can help with my money

You may choose someone to pay bills or manage money if you cannot do it yourself.

Power of attorney. Florida calls the legal paper a

Choose someone who is

- ☐ Honest
- ☐ Careful
- ☐ Good with bills and papers
- ☐ Willing to explain what they do
- ☐ Someone you trust completely

Speak with a Florida lawyer before signing. This paper can give another person a lot of power.

The person I may ask

Questions I want to ask a lawyer

Where are my important papers

Health forms	Kept here: _____ _____
Will	Kept here: _____ _____
Money form	Kept here: _____ _____
Bank papers	Kept here: _____ _____
Insurance	Kept here: _____ _____
House papers	Kept here: _____ _____
Funeral plan	Kept here: _____ _____
Password list	Kept here: _____ _____

My trusted person knows where these papers are.

The trusted person is

My phone and passwords

Many people write passwords in a small notebook or on paper. That is okay if the list is kept in a safe place.

- Keep the password pages in a locked drawer, safe, or other private place.
- Tell only one trusted person where the pages are.
- Do not leave passwords on post-it notes where visitors can see them.
- Never give a password to someone who calls or texts you unexpectedly.
- You may remove the next page and store it separately from this book.

The trusted person who knows where my password page is

My password organizer

Write clearly. Update the page when a password changes. Keep it somewhere safe and do not send a photograph of it by text or email.

Account or website	Username	Password	Notes

My phone passcode is written and stored separately here

My identity and health numbers

Complete only the items that apply to you. Keep this page locked away. Do not photograph, text, or email it.

Social Security number	_____ _____
Medicare number	_____ _____
Medicaid number	_____ _____
Health insurance	Company: _____ — Member number: _____
Prescription plan	Company: _____ — Member number: _____
Driver license or state ID	Number: _____ — State: _____ _____
Passport	Number: _____ — Expires: _____ _____

The trusted person who knows where this page is

My bank and money information

List the information your trusted person may need in an emergency. Keep this page locked away. Do not photograph, text, or email it.

Bank or credit union	Name: _____ _____ Account number: _____
Second account	Name: _____ _____ Account number: _____
Credit card	Company: _____ _____ Last four digits or account number: _____
Retirement account	Company: _____ _____ Account number: _____
Life insurance	Company: _____ _____ Policy number: _____
Safe deposit box	Bank and location: _____ Box number: _____

The trusted person allowed to use this information

My will and my things

A will says who should receive your belongings after you die. A lawyer can help make sure it follows Florida law.

- ☐ I have a will.
- ☐ I need to make a will.
- ☐ I need to update my will.
- ☐ I have checked who receives my life insurance or retirement money.
- ☐ I have made a plan for anyone or any pet who depends on me.

My will is kept here

The lawyer or person helping me

What I still need to do

Talk with my family

You can say:

“I am doing this because I want you to know what I want. I do not want you to guess later. Please sit with me and help me make a simple plan.”

The people I want to talk with

The most important thing I want them to know

What we still need to discuss

Florida help

Health forms	Ask your doctor, hospital, or Florida Department of Health.
Florida health law	Florida Statutes Chapter 765 flsenate.gov/Laws/Statutes/2025/Chapter765
Money form	Ask a Florida lawyer. Florida Bar: 1-800-342-8011
Help for older adults	Eldercare Locator: 1-800-677-1116
Free or low-cost legal help	Legal Services Corporation lsc.gov/find-legal-aid

Ask the helper to check the date

Forms and rules can change. Ask your helper to make sure each form and website is current before you sign anything.

The form or help I need first

Resources reviewed September 2026.

My one-page summary

My name	_____ _____
Call first	_____ _____
Speaks for my health	_____ _____
Backup person	_____ _____
Doctor	_____ _____
Imam	_____ _____
Lawyer	_____ _____
Health forms	Kept here: _____
Will	Kept here: _____
Private information	Kept here: _____
Funeral wishes	Kept here: _____

This page only tells people where to look. It is not a legal form or medical order.

What I have finished

- ☐ I chose someone to speak for my health.
- ☐ I told that person what I want.
- ☐ I completed the correct Florida health forms.
- ☐ I spoke with my doctor about CPR and DNR.
- ☐ I chose someone honest to help with money.
- ☐ I reviewed my will.
- ☐ I wrote my faith, funeral, and burial wishes.
- ☐ I told someone where my papers are.

I will look at this book again on

The person who will help me review it

Notes

About this book

This book was made to help Muslim seniors and their families have simple, important conversations.

It gives general information. It does not give medical, legal, financial, or religious advice. Use the correct Florida forms and ask qualified professionals when you need help.

Protect private pages

Some pages may contain Social Security, insurance, bank, account, passcode, or password information. Keep the completed book locked away. Tell one trusted person where it is. Do not photograph, text, or email the private pages.

For the person helping

- Read one question at a time.
- Use the senior's preferred language.
- Do not rush or pressure them.
- Write their words, not your own choices.
- Stop if they become tired or upset.
- Help them find current Florida forms and professional advice.

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