



What are One-Page Profiles? An important tool of introduction to create with your young adult

The purpose of a one-page profile* and a person-centered description is to provide a summary of person-centered information that others can use to either get to know the individual quickly or ensure that they are providing consistent support in the way that the person wants. Considering what is important to and for a person and what good support looks like can help create actions that make a difference.

The one-page profile provides information to determine what's working and what's not working for the person. Even in cases where the individual is not supported by services, this information can still be important to record and share. One-page profiles can be shared with teachers, school staff, family members and friends, support staff, medical providers, and related service providers.

A one-page profile typically has three sections. However, some people in the industry use four sections. PACER has developed an interactive template that can be found online at PACER.org/housing/gettingstarted.

Photo(s): Include a photo that captures the “spirit” of the person: Things they love to do and are passionate about!

1. Appreciations section: List the positive qualities, strengths, and talents of the person — what we “like” and “admire” about the person

- What do people thank them for?
- What have they done that they are proud of?
- What do they like best about themselves?
- What are their gifts, talents, or strengths?

2. Important to the person: What matters to the person from their perspective

- Things in life that help us be satisfied, content, comforted, fulfilled, and happy
- People to be with/relationships
- Things to do and places to go (hobbies/interests, when and how often)
- Rituals and routines
- Rhythm or pace of life
- Status and control

3. Important for the person: Issues of health, safety, and what others see necessary to help the person

- Issues of health:
 - Prevention and treatment of illness, medical conditions
 - Promotion of wellness (self-care, diet, exercise)
- Issues of safety:
 - Environment

Continued on next page

*One-page profile concept developed by Helen Sanderson Associates, <http://helensandersonassociates.co.uk>, and The Learning Community for Person Centered Practices, <http://tlcpcp.com>

- Well-being, physical and emotional
- Free from fear
- What others see as necessary to help the person:
 - Be valued
 - Be a contributing member of their community

4. How to support the person: What people need to know and what people need to do

- What is helpful? What is not?
- What information do people need to know or understand so they will be able to support the person?
- Are there places, situations, or times where specific supports are needed?
- Matching characteristics of people/staff:
 - Skills needed
 - Support needed and wanted
 - Personality characteristics of people who most effectively support the person
 - Shared interests

For more information

PACER’s Housing Project: PACER.org/housing/gettingstarted

One-page profiles: (View short video and examples)

- Helen Sanderson Associates/The Learning Community on Person-Centered Practices
 - <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-social-care>
 - <http://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-health>
- <http://onepageprofiles.wordpress.com>

About [Insert Name]

What's important TO me:



What people like about me:

What's important FOR me:

How to best support me:

To add a photo in the light blue box, right click on the box and select "Change Picture." More pictures and information can be added on another page if desired.

What People Like and Admire About Me

4th Degree Blackbelt in Tae Quan Do

Motivated to be more independent

I'm a problem solver

I'm great with technology

I'm knowledgeable about cars

I'm learning guitar (and pretty good!)

I have a plan for the future

How to Best Support Me

Let me know what's happening

Don't be bossy

Explain vs. tell me

I have sleep issues so let me sleep late

Find good food

Understand I'm not mad when I speak loud

Show up on time



What's Important to Me?

Being treated respectfully

Knowing what's happening next

Riding my E-Bike

Having my complex medical issues supported

Having staff who do their job

My birthday (ordering two lobster tails)

Scary movies

BRIAN'S ONE PAGE DESCRIPTION

BRIANS COMMUNICATION CHART

What is happening?

Brian looks frustrated/ sad.

Brian is at the store.

Apartment management know on Brian's door and ask to come in immediately because there is water dripping into the basement from his bathroom.

Person does

Brian says, "No one understands me."

Brian asks, "how much is this" but the items price is in front of it.

Brian lets them in but begins yelling at them because he feels they should have given him notice. He calls the police!

We think it means

Brian is having difficulty solving a problem.

Brian is not recognizing the numbers or wants more input on the price.

Brian values his privacy very much because of previous experiences with his family.

We should

Assure him we are listening and want to help.

Tell Brian the price. Point to it so he knows where it is.

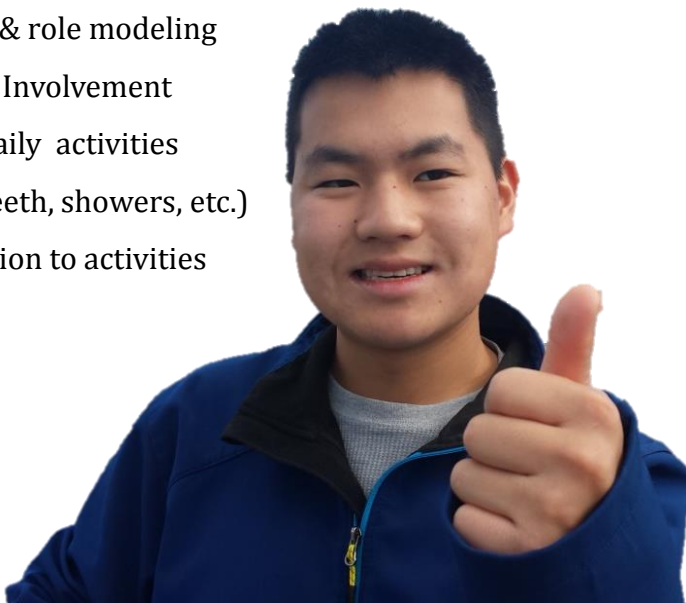
Talk to the apartment staff and ask them to please call Brian before they enter his apartment even if it's an urgent situation.

WHAT'S IMPORTANT TO CHRIS

- My family & friends
- Hugs
- Talking
- Reading & Coloring
- Eating & specials snacks/dessert (bananas & yogurt)
- Drinking coffee in the morning (socially)
- Playing Wii games
- Watching movies & TV (Netflix)
- Relaxing in the evening
- Knowing my schedule ahead of time & sticking to it
- Fun activities: Swimming at the Community Center, Zero Gravity, events in the community, going to Como Zoo & Conservatory, Museums, walking to the park, playing SORRY! or UNO
- Special Olympics & sports (bowling, track, basketball, kickball, floor hockey, etc.)
- Going out to eat at restaurants
- Picking out dinners that I like to cook and eat
- Being treated equally

WHAT'S IMPORTANT FOR CHRIS

- Encouragement to take care of his home (laundry, cooking, cleaning, etc.)
- Communication with family and friends daily
- To help be accountable so he can improve
- Daily activities out of the house & exercise
- Verbal cues & role modeling
- Community Involvement
- Help with daily activities (brushing teeth, showers, etc.)
- Transportation to activities



COOL CHRIS

WHAT PEOPLE LOVE ABOUT CHRIS

- Infectious laugh, great sense of humor
- Extremely caring & affectionate
- Always Positive
- Energetic
- Likes to relax
- Enjoys getting out of the house
- Trickster
- Great at piano



CHRIS NEEDS PEOPLE WHO ARE...

- Energetic & active
- Funny & loves to laugh
- Patient
- Advocates for him & his wants
- Timely & organized
- Treating him like an adult
- Good at cooking
- **PASSIONATE ABOUT THEIR JOB**