

# My name is

---

This is my one page profile

What people like and admire about me...

What is important to me...

How to support me...

Please see overleaf for guidance on how to complete your one page profile.

## 1. What are one page profiles?

A one page profile tells anyone you interact with about you as a person. They provide a summary of information that people in your life can use to either get to know you, or ensure that they are providing good support in the way that you want.

## 2. About me – like and admire

- This needs to be a proud list of your positive qualities, strengths and talents.
- Make it clear and avoid using words such as ‘usually’ or ‘sometimes’ - be positive.
- It is helpful to ask friends, family, staff and others who know you well what they like and admire about you.

## 3. What is important to me

- Things that matter most to you – for example, important places, people, routines or things you like doing.
- This section should only have information about things you say (using words or behaviour) are important to you – other people can help you think about this. It should be in sentences with enough detail so that people who do not know you well can get a good idea of who you are from your profile.

## 4. How to support me well

- This section looks at things that other people need to know or do to support you well.
- This section may have information about supporting you to be as independent as possible, physical health, safety, rituals and routines or communication.