One Page Profile Guide

Supporting the development of Person Centred Inclusive Approaches

One Page Profiles

Here is an example of a One Page Profile template with explanatory notes of a young person who can share his or her views (within the context of a supportive conversation with family, friends, school staff etc. as appropriate). If the One Page Profile is being developed for someone who can't express their views and you are sharing other peoples' views regarding this person please use their name. For example 'What people like and admire about Joe'.

My name:

Insert photo here

(with permission from the child & parent or the young person)

What people like and admire about me...

Ask people who know you, including friends and family, what they like and admire about you.

This should be a list (short phrases) about you rather than a list of things you have done. Include strong, positive statements avoiding words like 'usually' or 'sometimes'.

What is important to me...

A list of what really matters to you that quickly shows people, who may not already know you, what is important and matters to you.

This should be detailed and specific to you and your life and should help people to understand who you are.

This sections should include what is most important to you rather than just being a list of your likes and dislikes.

This section could include:

- Who is important to you in your life and when and how you spend your time together

- Things that interest you

- Anything you have that is important to you

- Information about how you live your life. This could also include what you do every day in your life.

How best to support me...

Information about how best to support you will help to create the best situation and outcomes for you.

This section includes information that people need to either get to know you better or what they need to know in order to heighten the chance of having a positive time together.

It is best to be very specific so that if you need support quickly it is likely to be the correct type and level of support.

This section can include some pointers as to what is helpful for you and what is not.