



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

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**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>