

How to Create a One Page Profile

A One Page Profile captures the basic but important information about a person. It is positively focused on the individual's core qualities and abilities. Create the One Page Profile with family, friends, and others that supports the individual. Personalize the One Page Profile with pictures, artwork, and colors to reflect the individual described. Complete the One Page Profile to the best of your ability, there is no right or wrong way to describe the individual.

NAME & DATE

Write down the name of the person the One Page Profile belongs to. Update the profile annually to see the changes and growth of the person every year!

PICTURE

Insert a current picture or use/draw a picture that represents the individual's personality.

WHAT PEOPLE LIKE & ADMIRE ABOUT ME

Include information about the person's strengths, abilities, and talents. Write down what others appreciate about the individual. Focus on the positive qualities and what the individual is good at!

WHAT IS IMPORTANT TO ME

List anything that is important to the individual in their own perspective. What hobbies or interests does the person like to do to make them happy. What particular routines are important to the individual. What are some of the things that should be avoided. Write down what really matters to the individual, even if others do not agree.

QUALITIES OF THOSE WHO BEST SUPPORT ME

In this section, include skills, personalities, and characteristics of those who can best support the individual. Think of the people who makes the individual happy, who the individual work well with and who help the individual have a good day. What are some adjectives to describe those supports the individual?

My One Page Profile



The template includes the following sections:

- Name & Date:** A box with a 'me' icon and a 'Date' label.
- Picture:** A box labeled 'Picture' with an arrow pointing to it.
- What is Important to Me:** A box with a 'me' icon.
- What People Like and Admire About Me:** A box with a thumbs up icon.
- Qualities of Those Who Best Support Me:** A box with a circular word cloud icon.
- How to Support Me to Stay Happy:** A grid of six boxes with icons:
 - Living Arrangement (house icon)
 - Health (heart and stethoscope icon)
 - Self Help/Personal Care (toothbrush, bathtub, and clothes icon)
 - Education/Vocation (book icon)
 - Effective Communication (speech bubbles icon)
 - Community/Socialization (group of people icon)

HOW TO SUPPORT ME TO STAY HAPPY

In this section, include things that are important for the individual. Ask yourself, what makes the individual feel better when he/she is stressed or unhappy. Think about the rituals and routines in different areas of the individual's life including living, health, behaviors, school/work, community and safety. Think of what others need to be mindful of.

For assistance to create a One Page Profile
Please contact your Service Coordinator to setup a referral for a 1:1 Person Centered Planning appointment

Contacts:

Karen Sibrian: (626) 248-4927 or kasibrian@elarc.org
Liz Rodgers: (626) 299-4657 or lrodgers@elarc.org

My One Page Profile

Name

Date

Picture

What is Important to Me

What People Like and Admire About Me



Qualities of Those Who Best Support Me



How to Support Me to Stay Happy



Living Arrangement



Health

Self Help/Personal Care



Education/Vocation

Effective Communication



Community/Socialization

