

# One-Page Profiles

## Getting Started

A one-page profile (or description) is a summary of person-centered information that others can use to get to know a person quickly, and learn how to provide good support in the way that the person wants.

### What people Appreciate about me?

This section is a list of your positive qualities

#### Useful questions

- What do people thank you for?
- What characteristics do people like and admire about you?
- What would your partner, family, and best friend say they love or value about you?
- What is the best compliment you have been paid?
- What do you think your best qualities are?

### What is Important to me?

This section describes what really matters to you. The people, places, routines, and aspects of your life that reflect who you are, and what is important to you.

#### Useful questions

##### People

- Who are the people who mean the most to you?
- How often do you see them? When? Where?

##### If I could...

- If you had a whole day to do whatever you wanted, where would you like to go?
- Who would you spend it with?
- What would you do?

##### I usually...I always...

- What does your typical week look like in the evenings?
- What would you usually do each week and weekend, and miss if you could not e.g. TV shows, hobbies, interests, people you see, places you go?

##### Favorites

- What is your favorite way to spend a weekend?
- What would you never leave home without?
- What do you always carry around with you in your bag or pocket?

### How to Support me?

This section is what others need to know or do to support you to be at your best

#### Useful questions

- What do good days and bad days look like for you?
- Is there anything that other people need to know or can do to help you have more good days and fewer bad days at work (within reason!)?
- What makes you feel better when you are stressed, unhappy, or unwell?
- If someone was new to your work, what would they need to know or do to be able to get along really well with you?

## What's next?

Look back at your first draft. Now that you have some ideas and notes, start creating a detailed one-page profile!