

.....'s General One Page Profile



What People Like And Admire About Me

What Is
Important to Me

What Is Important For
Me/The Best Way to
Support Me

My Hopes And
Dreams For The
Future

.....'s General One Page Profile



What People Like And Admire About Me

- What do people thank you for?
- What have you done that you are proud of?
- What do you like best about yourself?
- What are your gifts talents and strengths?

What Is Important to Me

- What truly matters to you in everyday life as well as the future?
- What drives you to **DO** the things and **HOW** you do them?
- What are the things you must avoid doing?
- What is important at home that must be honoured elsewhere? (at School/work)
- Are there things/activities people that you cannot live without?

What Is Important For Me/The Best Way to Support Me

- What is helpful to you?
- What is not helpful to you?
- What information do people need to know about or understand so they will know how to support you?
- Are there places times of situations where specific help/ support is needed?
- What can people do to make the time you are spending at different places more productive? (School, home, afterschool)

My Hopes And Dreams For The Future

- What ambitions do you have?
- What would you like to achieve in the next 5 years? 2 years? 1 year?

Important to Important For

Important to

- That I have a job
- My home is important to me Its my space and I like it to be well maintained
- Sport and fitness is important to me because I am good at it.
- I have a small circle of friends who I like to go out to catch up either at a pub, out for a meal, going to an event or just visiting their house.

Education Employment
and Training

Independence and Housing

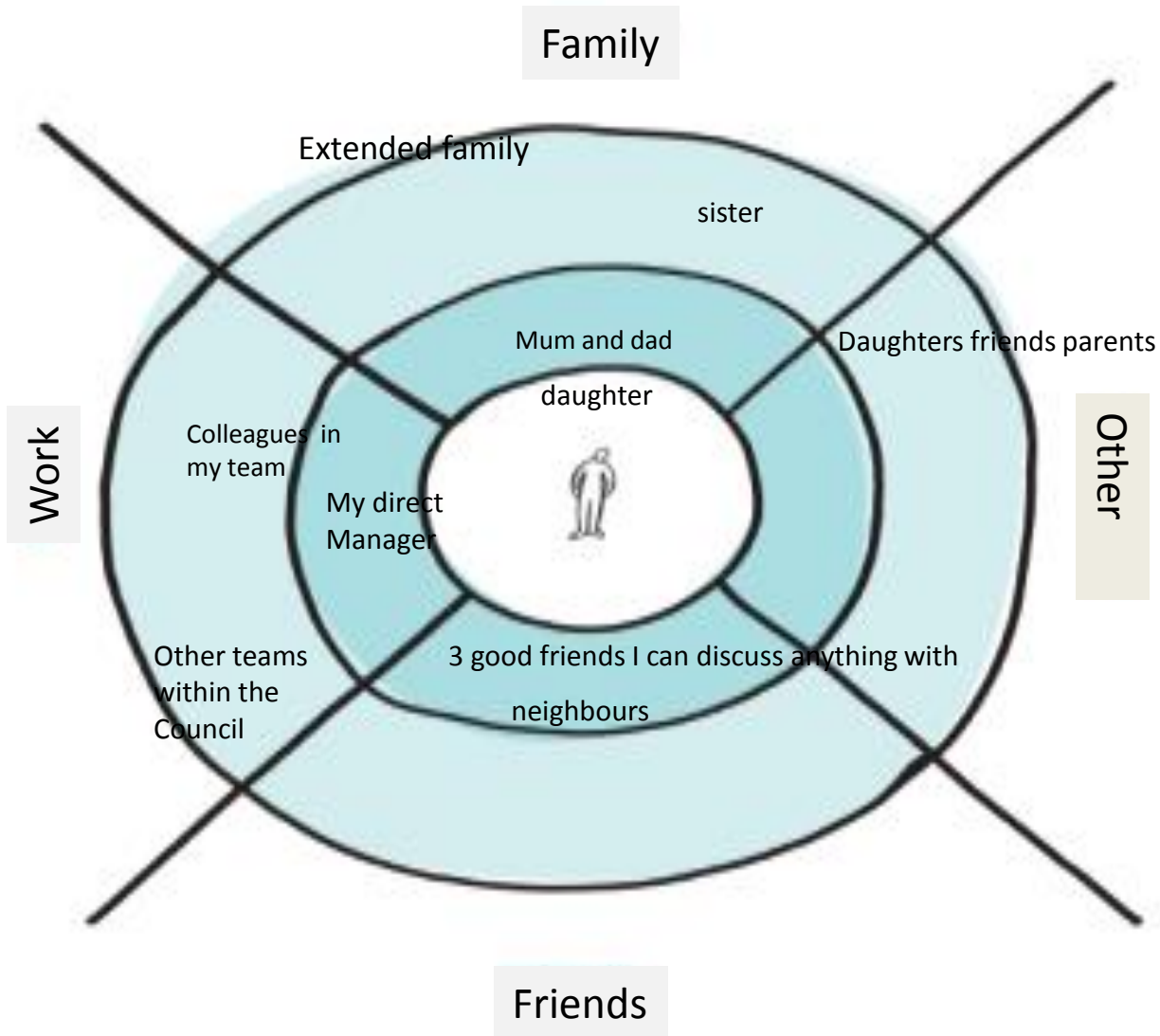
Health

Friendships, Relationships
and Community

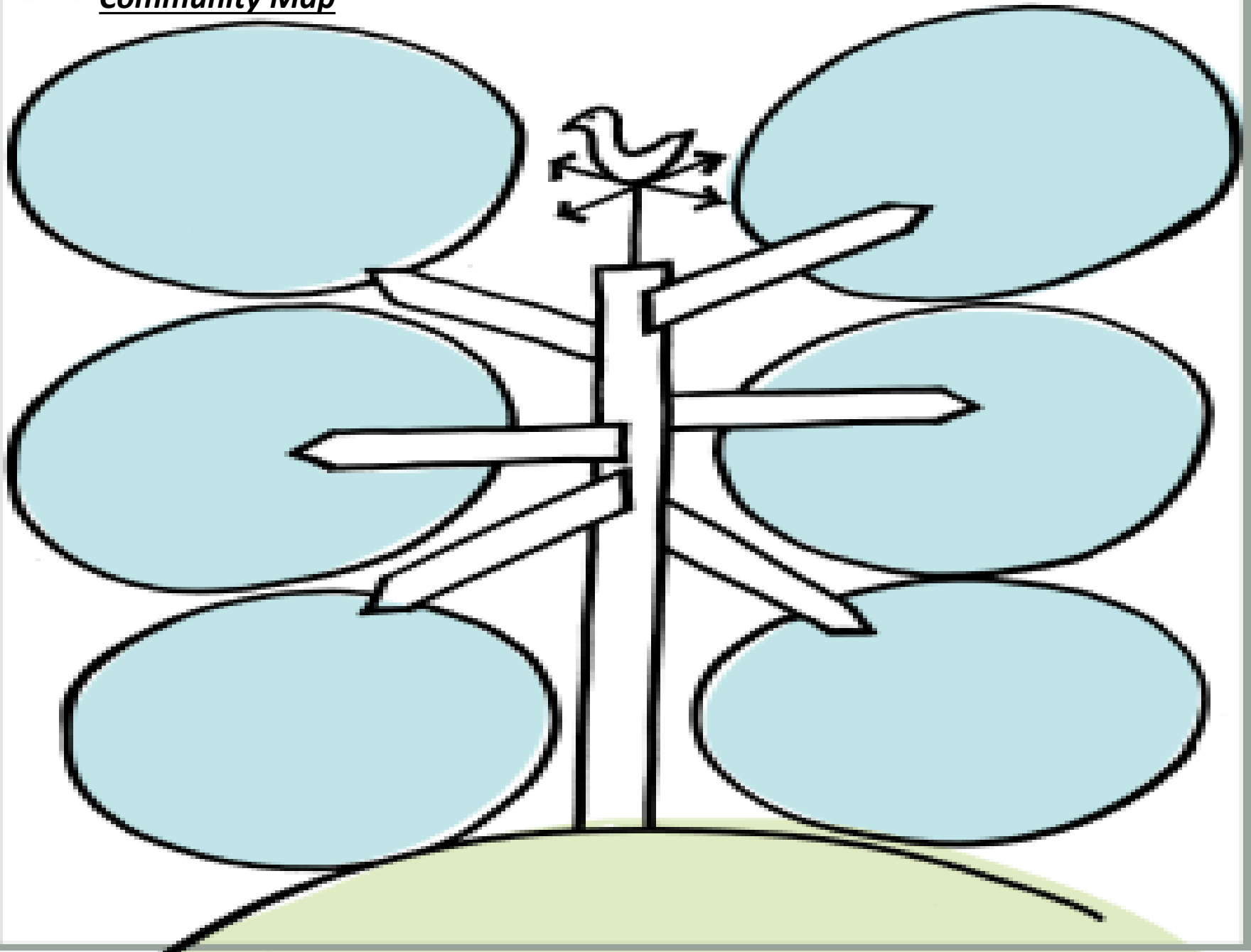
Important For

- Give me clear direction of what needs to be achieved and then give me my own space to achieve it
- To enjoy the time I have at home and sometime to relax
- Exercise helps clear my head and sport makes me feel good about myself
- To talk to people, enjoy their company, listen to them and support them where necessary

relationship circle



Community Map



Morning/other Routine

Time	Routine/activity
7am	Wake up. (Don't need an alarm clock. My daughter runs into the bedroom)
7.15am	Get out of bed after a snuggle with daughter
7.20am	Go downstairs, put kettle on Make cup of tea / my breakfast. Ask daughter what she wants for breakfast (several times normally) Eat together
7.40am	Get washed and dressed. Get daughter washed and dressed and ready for day.
8.10am	Do any last minute chores – put washing on, dishwasher
8.20am	Get into car and drop daughter off to child-minder
8.40am	Return home make lunch for day and quick tidy up. Have a cup of tea
9.00am	Check house is secure. Shut all doors leading to hallway. Drive to work
9.15 am	Try find parking space and walk to work
9.30am	Try find desk to work at turn on computer and say morning to Colleagues and make a cup of tea

Good Day/Bad Day

Good Day

- Don't have to rush off anywhere. Can take my time waking up, getting breakfast etc
- Nothing really planned for the day. Play it by ear.
- Carry out an activity that I enjoy/have fun i.e. go to park with daughter or get a job done that has been meaning to be completed for ages i.e. dripping tap
- Go out for lunch/tea as a treat
- Meet up with friends and socialise
- Daughter is tired and falls a sleep early on the sofa

Bad Day

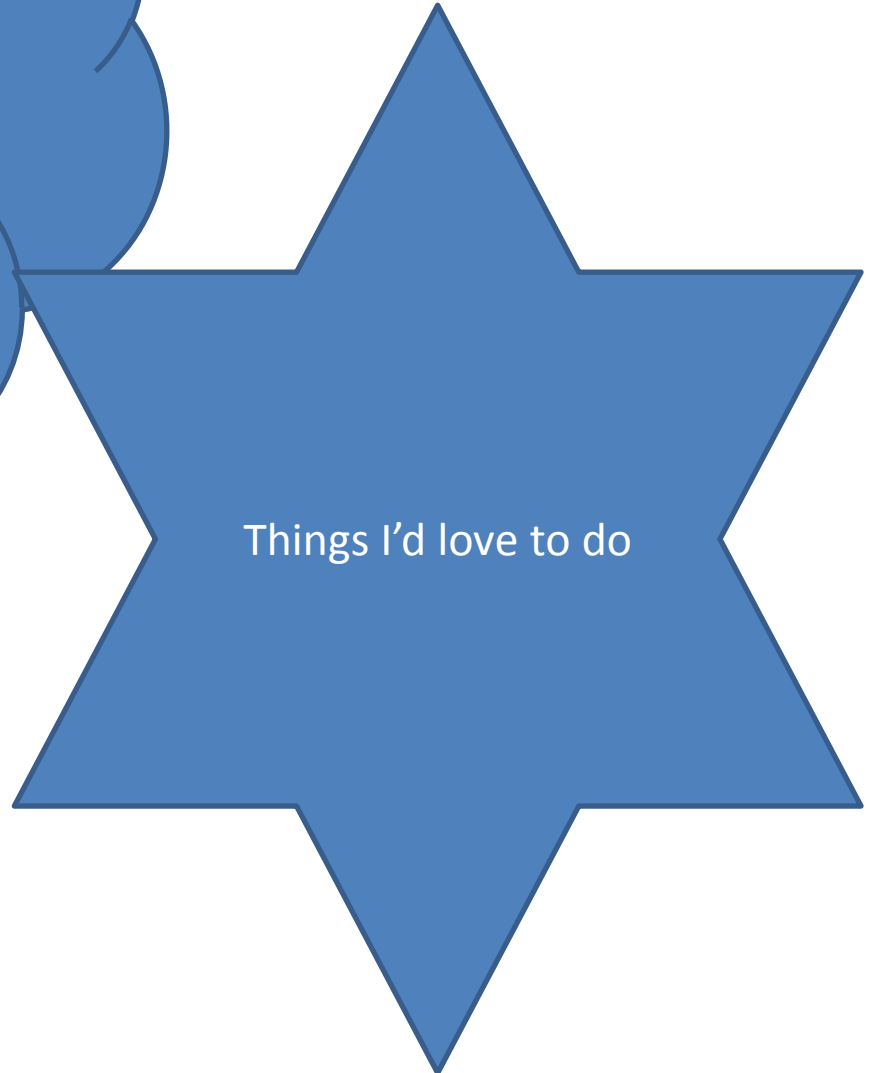
- Have to be somewhere early in the morning. A dentist appointment
- Breakfast is pressured. Run out of milk so cant have a cup of tea!!!
- My daughter wont get ready/ get into the car and time is running short
- There's loads of traffic on the road. Its raining
- Arrive at appointment late and drenched.
- Feeling really uncomfortable and told I need a filling and to book in another date.
- Get home. Forgot to go to shop for milk. Have to walk to corner shop in rain.

What will it take to have more good days than bad days?

Help to Identify Support needs

How I like my information presented to me	How to present choice to me	How you can help me understand	When are the best times to ask me to make a decision?	When is it not a good time to make a decision?
<p>In small chunks</p> <p>Written is OK but prefer verbal communication</p>	<p>Let me choice between 3 or 4 options with a general picture of what's on offer. Don't overwhelm me with lots of options or extreme detail</p>	<p>Talk it through with me face to face preferably. Let me ask questions straight away so I can clarify understanding. I find retaining numbers, names of places detail in my head. Please write the specifics down.</p>	<p>When I'm sitting down relaxing.</p>	<p>Not when I'm in the middle of something.</p> <p>Not when I am just going to bed/ sleep.</p> <p>If Im at work and you ask me to make a decision about home wait till I have the headspace to think this through.</p>

Dreams and Aspirations



GIFTS AND CAPACITIES

HANDS
+
FEET
+
VOICE

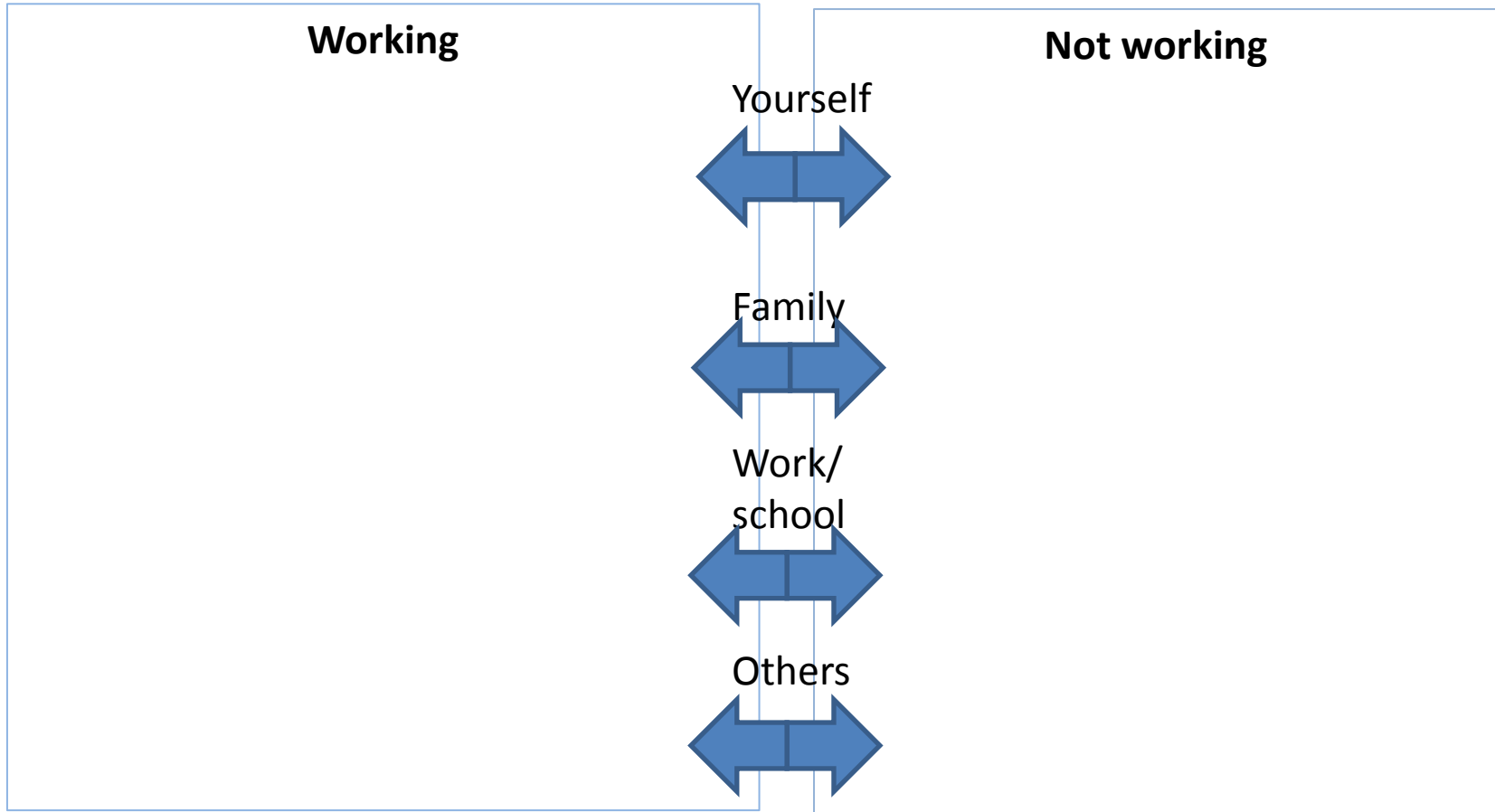
HEAD

HEART

HISTORY
+
IDENTITY



What's working /What's not working?



What needs to happen next to build on what's working and change what's not working?

What do we need to do next?

Reputations

What personality traits do you have ?

Positive

Negative

Communication Chart

What am I trying to Communicate to you?

At this time	When this happens	We think it means	We need to do this
What do we need to do next?			

Communication Chart

We want to tell	To do this we	Helped/supported by
What do we need to do next?		

Four Plus One Questions

- What have we tried?
- What have we learnt?
- What are we pleased about?
- What are we concerned about?

+

What Next?

.....'s Transition One Page Profile



My Hopes And Dreams For The Future

What People Like And Admire About Me

What Is Important to Me re my Health, Employment and Training , Independent Living, Friendships Relationships and Community

What Is Important For Me/The Best Way to Support Me re my Health, Employment and Training, Independent Living, Friendships Relationships and Community

Matching

Skills needed

Support needed and wanted

Personality and
characteristics needed

Shared common Interests

Personal Action/Development Plan

What did I learn?	So what/why is this significant?	Now what?/ What will I do differently as a result?	What support do I need to be successful?	What is my first step and when?

Decision Making Agreement

Important decisions in my life	How I must be involved	Who makes the final decision