

# What makes a good One Page Profile?

## What is a One Page Profile?

A one Page profile is the first step to any person centred approach to establish what is important to the young person and what good support looks like to them. It enables a young person to share on a single piece of paper key and succinct details about themselves. This information can then be used to facilitate personalised support by starting conversations about aspirations and what is working or not working in person's life.

### Quality Conversations

Start quality conversations to find out what is important to the young person. (My Future My Choice will help from 14 plus) Also use 'guess, ask, write' to check what is being learnt about the young person, then add agreed information to the profile.

**NO JARGON!!!!**

### Use supporting person centred tools to gather information

- What's working/not working
  - Routines .
- Good Day /Bad Day
- Communication Charts
  - Learning Logs
- Community Mapping
- Relationship circles
- Decision Making
- Matching support

### Be Positive

Use positive, respectful language avoiding words like 'fairly 'or 'usually' as they can undermine any positive and appreciative statements

### Decide what the profile is for,

Decide if it is a general introduction to the person or is it for a specific activity, situation or setting?

### Like and Admire

This should be a list of positive characteristics and qualities a young person has. It should be written using strong positive statements (not a list of awards or qualifications, these won't tell us about a young person's qualities and characteristics as a person)

### A Photo of the person

Extra photos are great but must leave room for written content. Photos in themselves won't always tell us if the activity was truly important to the young person

### Dreams and aspirations

A bullet list stating what the young person's hopes and dreams are for the future including-

- Employment/ Education
- Independence and Housing
- Good health
- Community Inclusion, friendships and relationships

### What is important to me?

Should be a bullet list of what really matters to the young person ...even if others don't agree!!

- Must be written from the young person's perspective not others.
- Needs specific details to be meaningful who, what when where and how!
- Avoid words like 'occasionally' or 'sometimes'
- Name important people, friendships for example may be assumed but may not be accurate
- Detail is really important! Instead of 'music' write names/albums of preferred bands e.c.t...
- Cover all aspects of a young person's life including important routines, activities, hobbies and interests

### Best way to support me

This is a bullet list explaining what good support looks like for the young person and what they need to stay healthy and safe. It can include both what is helpful and what is not, it -

- Should be written from the young person's perspective
- Should say what is helpful what others need to say, do or know to avoid any stressful situations
- List the things that make a difference and help them get the life that they choose
- Should not be just a list of general hints or vague statements!

