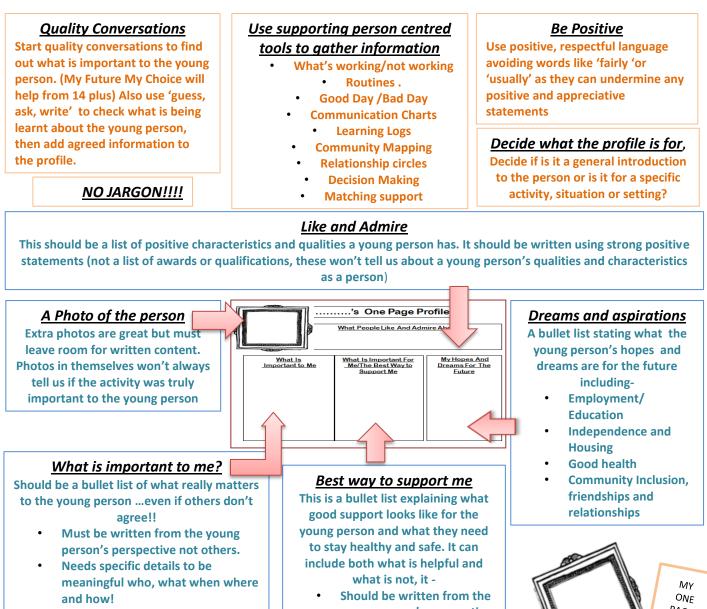
## What makes a good One Page Profile?

## 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.



- 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
- 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!
- My ONE PAGE PROFILE