

Social Work Services

Some notes to help you complete your one page profile

If you are a person seeking or using support services, a one-page profile will help the people around you understand how best to support you. Creating your one-page profile will take an hour or two. You can do it over several sessions until you are happy with it.

A one-page profile is not a new kind of form to fill in. It is a record about what is important to you and how you want to be supported.

What do people like and admire about me?

The first section of your one-page profile is where you list a few of your qualities that other people like and admire about you. This is not accomplishments or awards, but characteristics – the kind of person you are. Looking at the good things about yourself can be hard. The qualities you list on your one-page profile help others understand the qualities and characteristics that are important to you.

Questions to ask

If you are having difficulty completing this section of the profile, try asking yourself some questions.

- What do other people value about me?
- What would my partner or close friend say that they love about me?
- What do I like and value about myself?

Ask family or close friends to help. These are not conversations people generally have, but it is great to hear from others what they value in you.

What is important to me?

Start to complete this section of the one-page profile by thinking about morning routines. We all have morning routines, which make this an easier starting point than the bigger question of what's important to you. Start from when you wake up (and how you wake up) and then go through your morning, in detail, step-by-step. So, for example, if you have tea or coffee in the mornings, how do you have it?

Look back at your morning routine.

Go through each statement and ask:

- What would it be like if this was not there or did not happen?
- How would I feel?
- How far would I go to make sure this was present and happened in the morning?

These questions help you to gauge how significant each item is for you in the morning. Now imagine you only have 20 minutes between waking up and leaving the house in the morning. What on your list would you still have to do, somehow? This is a good indicator of what really matters to you in the morning. Think about the details you want to add to your morning routine. Add the information to this section using full statements (not just one or two words).

If someone else was responsible for organising your mornings for you, this should provide all the information they would need to support you. Your morning routine may also give information about what is important to you generally, not just in the morning.

Continue to develop this section by asking yourself 'What is a good day and bad day for me?' Write two headings – 'Good day' and 'Bad day' – then make some notes against each of the headings.

Who are the people who matter to you?

- Is there anyone you have to see, text or speak to every day that would be upset or sad if you were not in contact with them on a daily basis?
- Who do you turn to when you are upset and want to talk?
- Who do you want to celebrate with when something good has happened?
- If you are having a party, or inviting people for a meal, who would be the top four or five people on the list?
- Who do you look forward to seeing or speaking to when you have been away on holiday?
- Who is on your 'favourites' on your phone, or on speed dial?

Think about your hobbies, interests and how you spend your time:

- What do you do each week without fail? Are there TV programmes that you never miss? Are there hobbies that you do each week, or places that you go to? Think about your typical evenings and weekends to do this.
- Is there any food or drink that you love so much you have it every week? Is there any food or drink that you would take on holiday with you, so you could be sure you had it? Is there anything you would shop for as soon as you arrived?

Consider your personal possessions

What do you own that's important to you?

- Is there anything that you would never leave home without?
- What is in your bag or pockets now – what would you go back home for if you had forgotten it?
- If you had a minute to get things from the house before it was destroyed (and all people and pets were safe) what would you want to get out of the house and keep safe?

How should I be supported?

This section is often the hardest to do.

Here are some questions that might help:

- Is there any information about your health that other people need to know to support you?
- If you feel stressed or overwhelmed, what would you like other people to do? What would you like them to know?
- What would other people need to know or do to help you keep your stress low?

Review what you have written into your one-page profile and check there's nothing more to add.

Start by going back through it and deleting anything that you would not feel comfortable with people knowing about you. Then go back through it again, and decide on the most important information that you want to share with people. Don't restrict information unless it is really sensitive as it is important that people see the 'whole you' in a one-page profile.

Your one page profile could look like the one on the next page. Or you can design your own completely.

Example of one page profile:

One page profile for

Add your name

Insert your photo here

Add what people like and admire about you

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Describe what is important to you

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Describe how you should be supported

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