

One Page Profile – Good Practice Guidelines

A 'one page profile' is a simple summary of what is important to a child/young person and how they want to be supported. It can help adults to provide them with more person-centred support

Photo

- A photograph is optional – seek consent before adding a photo
- The child/young person can decorate their one page profile with extra photos and images but only if there is space for the important written information. We would suggest that you start with the written information and then the child/young person can decorate it.

What people like and admire

- This section lists the positive characteristics, qualities and talents that the child/young person has. It is not a list of accomplishments or awards – it reflects what others value and appreciate about the person i.e. 'Sarah is very honest/ or 'Heidi is friendly, funny and creative'. In this section, it is better to avoid words like 'fairly', 'usually' or 'sometimes'.

What is important to the child/young person (now & in the future)

- This is a bullet list of what really matters to the child/young person from their perspective.
- It is detailed and specific i.e. 'Heidi enjoys harmless practical jokes and time to sit and relax with friends'.
- This section needs to have enough detail so that someone who does not know the child/young person can understand who they are.
- It is not a list of likes and dislikes – it reflects what and who is most important to the child/young person.
- This section should not include words like 'regularly' or 'occasionally' as these mean different things.
- This section could include:
 - The important people in a child/young person's life and when and how they spend time together
 - Important interests and hobbies, and when, where and how often these take place
 - Possessions that are important
 - Information about any important routines

What I like about myself

- This section lists the positive characteristics, qualities and talents the child/young person likes about themselves. If they are not able to complete this section, please explain why.

Things I find hard

- This section needs to have enough detail so that someone who does not know the child/young person can understand exactly what it is they find hard and why

How people can help me

- This is a bullet list explaining how best to support the child/young person. It is not a list of general hints; it must be specific enough that if you were suddenly in a position where you needed to help the child/young person, you would know the most important things to do.
- It can include both what is helpful and what is not

When you create a one-page profile with a child/young person, it is essential to keep the information up to date – review the details on a regular basis i.e. at least once a year when their EHCP is reviewed