One Page Guidance provided by:

FAMILY RESOURCE NETWORK OF OHIO
Ohio's Official Hub for Charting the LifeCourse

Name:_____ Date:_____

What People Like and Admire About Me:

The One Page Person Centered Description is developed with the person and those who know him well. Older versions may use the term "PROFILE"-we no longer use that term as people have identified that the term is derogatory.

Like and Admire-qualities of the person, WHO they are not WHAT they do, we can ask the person and those who know them. If they identify WHAT they do, eg. Special Olympics athlete, ask them if they are athletic, competitive, social, etc. We may have to guess, identify and ask.

PHOTO: You can add a photo. A photo shows WHO the person is and is more powerful than words. Have the person pick a photo they want to share. We ask the person if they want to include a photo, sharing with them how important and powerful it is for people to see them as a person and not just words on page

What's Important to Me:

IMPORTANT TO are things that impact our quality of life. These are not "likes and preferences". They are things that help us feel happy, satisfied, content and fulfilled. They should be detailed-not just "family" but what needs to happen/what will we see, eg. having dinner 2x a week with no electronics.

There are 8 categories to consider: people to be with/relationships, status and control, things to do/places ot go, ritual or routines, rhythm or pace of life, things to have, purpose and meaning, and culture and identify.

If we are too general, then we will not know how to support or if the person has what is important TO them, which is an indicator of QUALITY OF LIFE.

How Best to Support Me:

We want to shift the narrative of how we talk about people from listing their NEEDS or DEFICITS to identifying how to best SUPPORT. This means our info shifts from describing the person's disabilities to identifying support, which we all need to be happy and successful.

The info is written as a "to do" list for others to follow. This is more practical and functional for the person providing support as they do not have to guess what to do.

Some examples to help you think of how to state support:
- be on time or tell me if you will be late
- give me time to think
- show me how to do new things
- remind me to wear headphones in a noisy environment

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Adapted for use by the Charting the LifeCourse Nexus-LifeCourseTools.com
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