



## Guidance for one page profiles

What is a one page profile? A one page profile tells us about you as a person. It tells people what others like and admire about you, what is important to you and how to support you well.

### Why do we have them?

So that we know what is important to each of us and how to best support one another. Each of us have gifts and qualities, we all have things that are important to us and we all require support that is individual to us.

One page profiles help us to share this information with others, our family, friends, direct support, managers and colleagues so that we can get to know each other better and support each other well.

### What people like and admire about me...

#### What this isn't

**A list of accomplishments or awards**



#### What this is

**A summary of your positive characteristics. What is good about you? What do others value about you? What are the positive contributions that you make?**



### What is important to me...

#### What this isn't

**Simply a list of things you like.**



#### What this is

**It is a summary of what really matters to you. This tells people in your own words what is important to you. What your hobbies, interests and passions are. Who is important to you and what makes a 'good' day for you.**



### How best to support me...

#### What this isn't

**A list of very general hints.**



#### What this is

**What is the specific information that would be useful for other people to know about to make sure you get the best support possible?**





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### **How are they developed?**

Developing a one page profile can be something that you do with family, friends, Team leader, Manager, other team members, people you support or people who support you. You may wish to start developing your one page profile on your own and ask others to get involved later.

### **How we will use this information**

Developing a one page profile is not just another paper exercise, but a way of getting to know more about each other, so that we are able to work well with you.

We will use one page profiles in many different ways, here are some of them:

- So we know what is important to and how best to support individuals.
- As a basis for learning what is working and not working for a person and developing actions.
- To inform person centred reviews.
- In recruitment, so we can best match people and teams.
- In staff reviews, supervision and appraisals to make sure you are being supported in the way you want to be.
- Within team and house meetings to make sure we all know each other really well and know what we need to know or do to support each other.
- To inform person centred team plans so we all know what our roles are and how to get the best from each other.
- In the development and support of project teams and specific project work.
- To value everyone's unique contributions.

For operational support staff it's important to share relevant personal interests and hobbies to get the best match between what is important to the people you support and the person providing the support. Putting something on your one page profile does not automatically mean you will be asked to do this, but could inform conversations about how you could use your individual interests or hobbies in your work to support people.

Each one page profile will be different in content. The fundamental principles though remain the same.