

Good Practice for One Page Profiles



Information for you

If you cannot read this or if you need help just ask.



Photo

Each one-page profile has a photo of you.

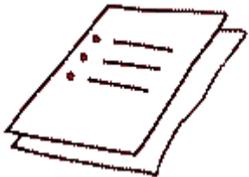


Like and **Admire**

Admire is what somebody thinks is good about you.

This section is the positive things and talents that you have. It does not include what you have done or your rewards. Make sure you use strong, positive statements, and not 'usually' or 'sometimes'

What is important to you?



This is a bullet list of what really matters to you. This is from your point of view. This is even if others do not agree. It should be detailed and specific to you.



This section needs to have enough information. This is so that someone who does not know you can understand who you are. It is not a list of what you like and do not like. It is about what and who is most important to you.

This could include:

Who are the important people are in your life? When and how your spend time together.

What you are like doing and anything that is of interest to you.

Anything you have that is important to you

Information about how you live your life. This could also include what you do every day in your life.

How to support you?



This is a bullet list of how to support you. This includes what people need to either know or do. It is not a list of general hints. It has to be specific enough. This is so if you suddenly need support someone can support you. It can include what is helpful, and what is not.

Who did this and where did the pictures come from?



Together All Are Able did this.



The pictures came from the Valuing People Clipart Collection.