

One-Page Profiles

A one-page profile is a good way of capturing all the important information about a person on a single sheet of paper usually under three simple headings:

- What people appreciate and like and admire about me
- What's important to me
- How best to support me

This means it can be understood and acted upon quickly.

When completing a one-page profile for your relative it is important to consider:

- What is its purpose?
- How will it be used?
- Who will see the one-page profile?
- Where will it be kept?
- How will your relative be supported to capture their voice and views?

You can produce a one-page profile on how best to support your relative for different situations including visiting the GP, the dentist, or a new activity for example.

Information which should be included in a one-page profile

The content will vary depending on who the one-page profile is intended for, but it is important to

- gather information from people who know your relative
- include a list of what matters to your relative from their perspective.
- Information that your relative wants people to know about them and what people need to do to support them.

TIP

When thinking about a one-page profile for someone who is stepping in to support your relative, having never met them before, set a timer for 5 minutes and write down all the key information someone would need to know to be able to keep them, happy, safe and secure. You will be surprised by how much information you can get down.

Templates

Templates can be downloaded from:

[Helen Sanderson Associates Website](#)

[Examples of one-page profiles](#)