One page profile

Spurgeons
Together with families

Name	
What do people like about me? (What am I good at? What are my strengths?)	
What would I like other people to know about me? (What are my interests?)	
What is important to me? (What makes me happy?)	
Sensory differences (Triggers or anxieties)	
Communication preferences (How best to communicate with me)	
Personal care needs	
Challenges/dislikes	
Signs of stress and anxiety (How can you tell?)	
Ways to relax (What regulates me?)	
How to support me (How can people support me and what aids are useful?)	
What would I like to do in the future?	

A one-page profile enables you to put all the important information about a child/young person onto one page. This can be given to a school, club or even relatives to help. You can have different one-page profiles for different situations.

Think about your child's strengths, likes and talents.

- Who are the most important people in your child's life?
- What would be your child's best or worst day?
- How does your child usually react when they are stressed, unhappy or upset?
- What makes them feel better when they are stressed, unhappy or upset?
- What helps your child and what can other people do?
- What does your child enjoy doing?
- What does your child take with them when they go out?
- How does your child communicate? What is the best way to help them understand?
- How does your child make decisions? How do they like to get information and have choices presented to them? When is the best / worst time for them to make decisions?

It is up to you and your child to decide whether to include information about a diagnosis or a description of the special educational need or health need.