



One-Page Descriptions

Learning Objectives:

1. To understand the purpose of a one page description
2. To learn the components and purpose of one page descriptions
3. To develop a one page description yourself or student

How do we get to know someone?

Purpose of a One Page Description

Descriptions are used for a specific purpose to introduce someone (i.e. new job, at the front of personal records, orientation for new staff, etc.)

Know the purpose before you create one

- They are an at-a-glance, *positive* source of information about the person
- They can also be used:
 - As a way to introduce someone across different settings like school, home and community
 - When moving to a new school or meeting new people
 - At the front page of a student's records to share when paperwork is transferred
 - As the basis for action – going from a one-page description to then ask what is working and not working from different perspectives and acting on this

Or ...

They can be used throughout the lifespan and always support positive control for people

All One Page Descriptions must include

- What people like and admire about the person
- What is most important to the person
- How to best support the person

What People Like and Admire

- A proud list of people's positive qualities, strengths, gifts and talents
- Be clear and avoid words like usually or sometimes
- Do not include disability praise – Socializes well with peers
- What would you say about other people around this age
- Find out from the person the things they are proud of and ask their team members.

This is a positive list

What makes the person special?

What is most important to the person?

- This section should have enough information that someone that does not know you well would know what is important to you. If you took the names out would people know it was you.
- Include thing about your life, your hobbies, interests, routines, places to go things to have, people to be with and your passions
- Include enough detail so people know who you are and what you value most

How to best support the person?

- Include what is helpful and what is not
- What can others do to make things more positive and productive
- Be specific – what does support or help mean?
- Think about environment
- How do we help the person be their best?

What might be included:

- Hopes and dreams
- How I communicate with you
- Characteristics of people who best support me
- My story/history
- Things I don't like
- What is important to my family
- Other idea

Don't Do it Alone - Nothing about me without me

Include the person and people that care about them in the development of the description.

Practice on your own

Complete a one-page description for yourself and with someone you care about.

Resources

- [The Learning Community for Person Centered Practices website](https://tlccpcp.com) (https://tlccpcp.com)
- [Helen Sanderson Associates: One-Page Profile Templates webpage](https://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates) (https://helensandersonassociates.co.uk/person-centred-practice/one-page-profiles/one-page-profile-templates)
- [Support Development Associates: Go-To Guide for PCT Skills webpage](https://sdaus.com/tool-kit-templates-examples) (https://sdaus.com/tool-kit-templates-examples)