

# What is... A One Page Profile



A **One Page Profile** is a short document that summarises key information about the owner.

## What should be included in a One Page Profile?

### Health needs

- Medical conditions
- Allergies
- Medication

### Personal

- Likes/dislikes
- Motivators
- Interests



### Profile

- Things I find easy
- Areas of difficulty

### Strategies to support

- Communication
- Emotional regulation
- Participation and engagement

## What's the purpose of a One Page Profile?

- To share information about a child or young person in an accessible way
- To provide strategies to support a child or young person

## Top Tips

- Create the one-page profile with the child/young person it is about
- Make sure it's easy and quick to read
- Keep it up to date and share it with all relevant people