

One-Page Profile Template

About Me

My name: _____

Important things to know about me: (Brief introduction highlighting key aspects of your personality, identity, or needs)

What others appreciate about me

What's important to me

How best to support me

Communication preferences:

Sensory considerations:

When I'm feeling overwhelmed, it helps if you:

Approaches that don't work well for me:

My interests and strengths

My goals

Short-term:

Medium-term:

Long-term:

Contact information

Key support person: _____

Relationship: _____

Contact details: _____

This profile was created on: _____ and will be reviewed on: _____

My input to this profile was: [Full involvement / Partial involvement with support / Created on my behalf with my agreement]