**How to... One-page profiles**

**Introduction**

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| The concept of a one-page profile was originally developed by Helen Sanderson Associates in 2004. A 'one-page profile' is a profile of a person which captures some basic but important information about a person. A one-page profile is positively focused and centres on the person's core qualities. A one-page profile should have three key sections:1. Details about what other people appreciate about the person;
2. Information about what makes the person happy and is most important to them;
3. Information about how the person likes to be supported.
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**When and how to use a one page profile?**

One-page profiles can be used in various settings and for different reasons. Here are some ideas:

* on meeting a child or young person for the first time, putting together a one-page profile can help the meeting to have a person-centred and positive focus;
* when working with a child or adult with learning disabilities, who may have limited written or verbal communication, a one-page profile can help as it can use pictures and images to convey information;
* when working with a group of children or young people, it can be helpful to get them to create one-page profiles - this helps the group to get to know one another in the process;
* working with other support workers, or close family members, can help to make the process of creating a one-page profile more meaningful for the individual.

One-page profiles can help children, young people and adults to have a voice. They are particularly useful if an individual has to work with many professionals, so that the person does not have to repeat key information about themselves. Or a one-page profile can be helpful if a service user experiences a change in social worker as the one-page profile can convey significant information without the need for the individual to specifically articulate directly the three key qualities as noted above.

One-page profiles can even be constructed by practitioners about themselves. This is particularly useful for student social workers to do before they begin placement (especially for those who have no experience of direct work with children or people with learning disabilities). It can help the service user to get to know the practitioner.

Examples of one page profiles can be easily found on the internet. You can find them on this blog: https://onepageprofiles.wordpress.com/

Here is a basic format for a one page profile:

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|  Photo: Name: What people like and admire about me:How I want to be supported: What makes me happy: |

**References**

Helen Sanderson Associates (n.d.) *One-page profiles*. Available at: (http://www.helensandersonassociates.co.uk/person-centred-practice/one-page-profiles