

Facts for Families: One page profile

Writing your own one page profile

A One Page Profile is a good way to share some important information with the staff team that support your relative or friend. This basic information can help establish and maintain good relationships and provide continuity when there are staff changes.

Everyone at Dimensions has a One Page Profile, from the Chief Executive to administrative support staff and every person we support. If you haven't already seen the profiles of staff you come into contact with please ask, they are there to be seen!

We really hope you will help us to work well with you by creating your own one page profile:

- By completing a one page profile the team supporting your relative will better understand you as a person and know what values and beliefs you hold close to heart.
- Because you are integral in the support we offer to your relative we need to know what's important to you and how we can involve you in your relative's support.

What's in a one page profile?

- **Photo** - A photo of you means new staff will recognise you when you visit or meet up somewhere.
- **What people like and admire about me** - Some strong, positive statements reflecting what people like and admire about you. It can include some of your great characteristics, qualities, gifts and talents.
- **What's important to me** - This is a list of things that really matter to you. They can be general things but you might also like to include things about your relative or friend who we support. Some people choose to include values and beliefs in this section
- **How to support me well** - Be specific here; tell us what to do so we can best support you both. How and when do you like to be contacted? What support do you need to spend quality time with your relative?

Overleaf you'll find a template that you can use. Sometimes it helps to talk it through with someone before writing it down so feel free to get in touch with Liz Wilson.

Family Helpline:

available 10am – 12pm, Monday – Friday

Tel: 0300 303 9161

Email: family.helpline@dimensions-uk.org

Proving life can get better

What people like and admire about me

What's important to me

How to support me well