


Developing One Page Introductions

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Support Development Associates
SDA
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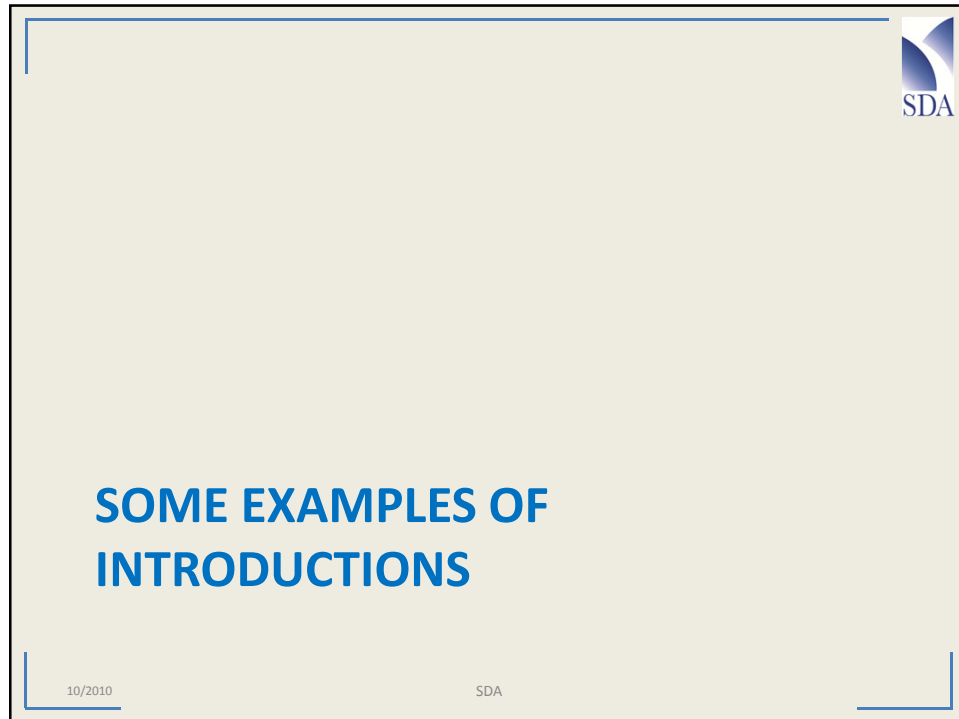
One Page Introductions

- A positive way to introduce your child
- Tells others
 - What people like and admire
 - What is most important to
 - How to best support

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Wkbk 2



_____’s One Page introduction


<p>What People Like and Admire about _____</p> <p>_____</p>	<p>Insert Photo Here</p>	<p>What is Important to _____</p> <p>_____</p>
<p>Supports _____ Needs To Stay Happy, Healthy & Safe</p>		<p>Supports, continued</p>

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THE CORE CONCEPT: IMPORTANT TO AND IMPORTANT FOR

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Important TO: ant to

What is important to a person includes those things in life which help us to be satisfied, content, comforted and happy. It includes:

- People to be with /relationships
- Status and Control
- Things to do and places to go
- Rituals or routines
- Rhythm or pace of life
- Things to have

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Important To

- Includes what matters the most to the person – their own definition of quality of life.
- What is important to a person includes only what the person tells us:
 - with their words
 - with their behavior/actions
- When words and behavior are in conflict, listen to the behavior.

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Important For

What is important for people, includes only those things that we need to keep in mind regarding–

- Issues of health or safety
 - Physical health and safety, including wellness and prevention
 - Emotional health and safety, including support needed
- What others see as important to help the person be a valued member of their community

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Important To and Important For are Connected

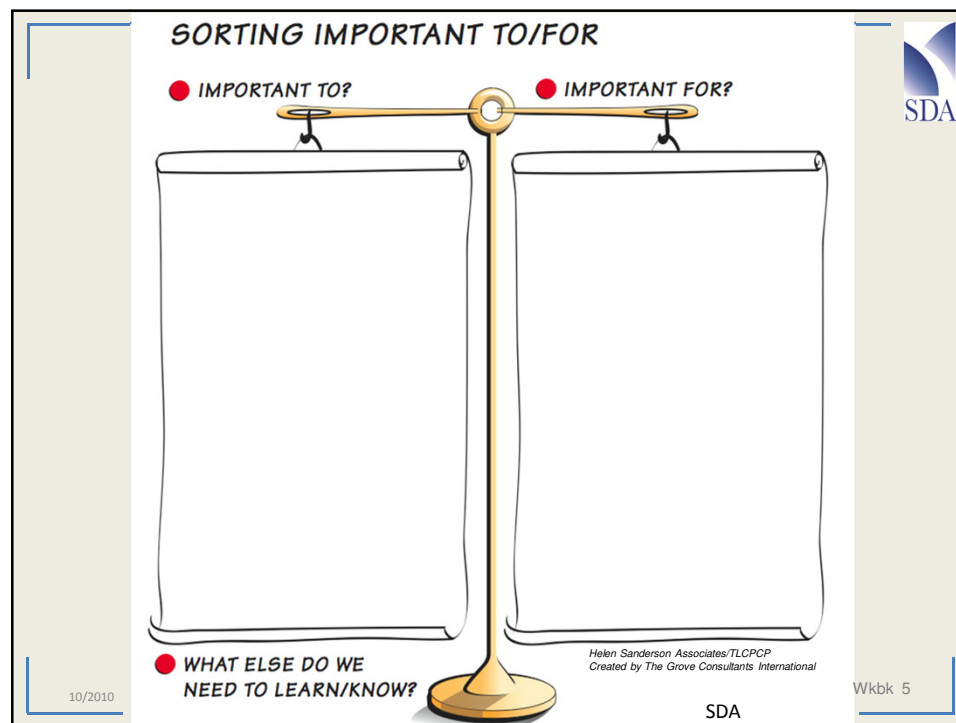


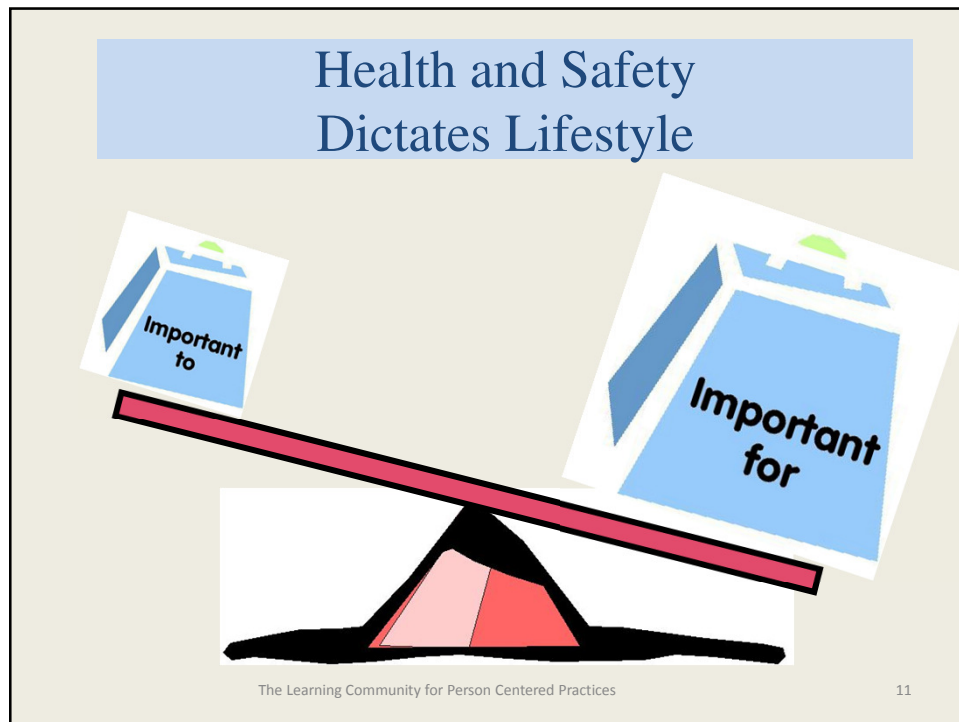
- 'Important to' and 'important for' influence each other
- No one does anything that is 'important for' them (willingly) unless a piece of it is 'important to' them

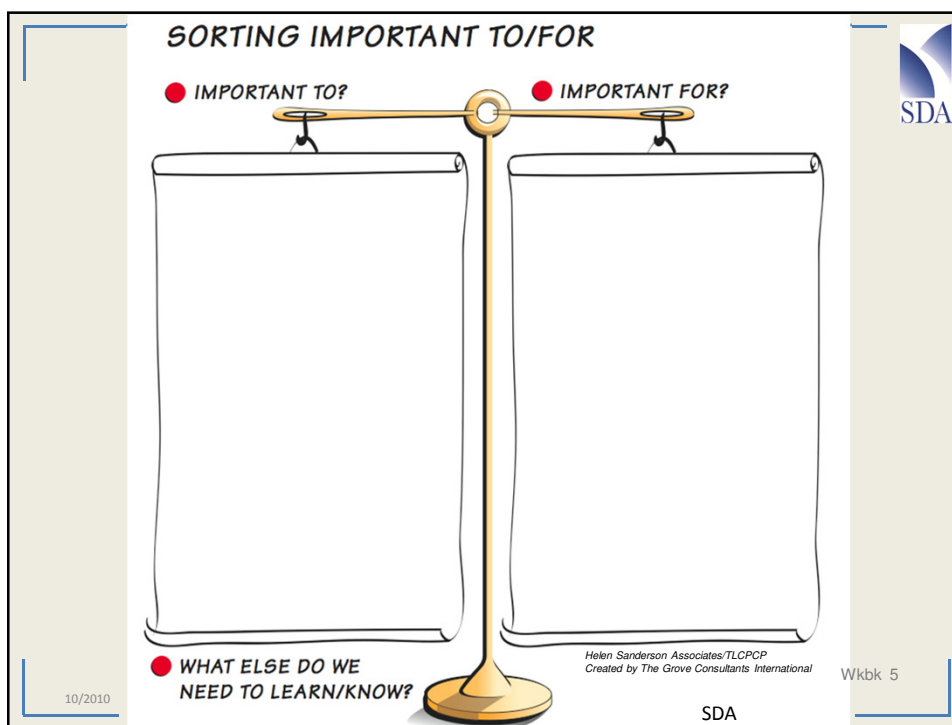
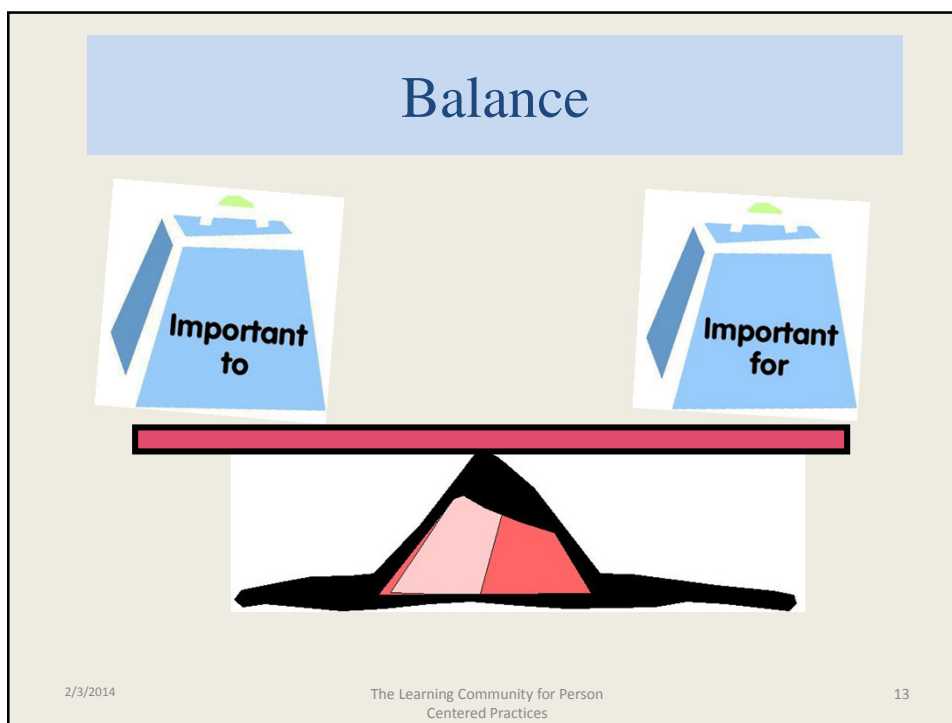
Balance is dynamic (changing) and always involves tradeoffs:


- Among the things that are 'important to';
- Between important 'to' and 'for'

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Beginning to build your introduction

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Always start with the introduction:
What Others Like & Admire

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You Decide...

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Taylor

Taylor is 13 and in the 6th grade. He has an intellectual disability and a history of seizures. His disease has caused tumors to grow in various organs and tissues of his body, most significantly his brain and both kidneys. Taylor reads on a second-grade level. Handwriting is very difficult for Taylor, due to poor spatial awareness and weak fine motor skills. He needs assistance to follow instructions that require more than 2 steps. Math is his most difficult subject, due to a very limited understanding of the abstract concepts of math as well as no sequencing ability. He has no concept of numbers. Taylor is receiving special education and related services, including speech, physical, and occupational therapies. He exhibits some receptive & expressive language difficulties. Taylor is a pleasant young man who is eager to please.

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Lee



Lee is a 7th grader. He is a hard working and creative individual, who takes his work seriously. He is persistent and committed. He is especially fascinated by the social studies and sciences; his favorite television shows are the Discovery Channel and The Weather Channel. He enjoys working with his hands, particularly with small engines. Lee has traveled the United States and Texas extensively, and has traveled outside of the United States on both borders as well. His hobby is model railroading; he operates a large O-gauge railroad at home. He volunteers his time to a local non-profit organization, repairing their lawn mowers and mowing lawns. He rides horses weekly. Lee maintains an A-B average every year and has been elected by his teachers to receive the Citizenship Award twice in the last three years. He has received the Presidential Academic Excellence Award. Lee ran cross-country this fall, winning an 8th place medal in District. He plans to run on the track team in the spring.

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**Taylor & Lee are one
and the same...
Taylor Lee Evans.**

How will you describe your child?

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Think About. . .

- How you want your child to be introduced to others.
- Helping people see past the disability
- What do you like about your son or daughter?
- What do you admire about your son or daughter?

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Wkbk 9

Name's One Page introduction

What People Like and Admire about .

Help Others See Past the Disability

Think about what you admire about your son or daughter


Insert
Photo
Here

What is Important to

Supports _____ Needs To Stay Happy, Healthy & Safe


Supports, continued

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Wkbk 10



**LEARNING ABOUT WHAT IS IMPORTANT
TO AND HOW TO BEST SUPPORT**


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Discovery/listening tools

- The “if you only had 2 minutes to share...” question
- Good day/bad day
- Rituals and routines
- Communication chart
- Relationship map

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Imagine that -

- You had to have someone else provide support for your son or daughter
- It is someone you trust but who doesn't know your son or daughter
- You want to give them an overview, a summary in 2 minutes of what they need to know
- What would you say?

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Wkbk 12

_____ 's One Page introduction

What People Like and Admire about _____

Insert
Photo
Here

What is Important to _____

Write what helps
your son or
daughter feel
happy, comforted,
satisfied.


Supports _____ Needs To Stay Happy, Healthy & Safe

Does your response to the 2 minute question suggest any supports? If so note them here.

Supports, continued

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Wkbk 13


Good Day/Bad Day



What is a good day like for this person?	What is a bad day like for this person?
<p><i>Going for coffee with his friend Jill</i></p> <p><i>Has his favorite travel mug with him</i></p> <p><i>Going to the art fair to sell his own paintings</i></p> <p><i>Bus is on time and Hank is driving (favorite driver)</i></p> <p><i>Day flows at his own pace-not too much to do and not too little</i></p>	<p><i>Oversleeps and someone has to wake him up.</i></p> <p><i>Has to rush to meet his ride</i></p> <p><i>Provider is going to be late or cancels</i></p> <p><i>Forgot medications</i></p> <p><i>People at work are arguing and there is no where to go to get away from it</i></p> <p><i>Goes to the wrong coffee place and doesn't get a discount for having a travel mug.</i></p>

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Wkbk 14

Good Day/Bad Day



<ul style="list-style-type: none"> What is a good day like for this person 	<ul style="list-style-type: none"> What is a bad day like for this person
-------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------

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Wkbk 15

_____’s One Page introduction

What People Like and Admire about _____

Insert Photo Here

What is Important to _____

What else makes your son or daughter happy that should be noted here?

Supports _____ Needs To Stay Happy, Healthy & Safe

What other supports should be shared?

Supports, continued

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Wkbk 15



Routines & Rituals

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Wkbk 16 & 17

Routines and Rituals:



- Guide us through our days and bring consistency, comfort and control
- Are the “little things” that determine if we are happy
- Written up, they let others know how to support us in ways that keep us happy and safe

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Wkbk 16

Some of our Rituals




- | | |
|-----------------------|---------------------------|
| • Morning | • Cultural/Holiday |
| • Going to bed | • Vacation |
| • Transition | • Comfort |
| • Birthday | • Feeling Ill |
| • Spiritual | • Celebration |
| | • Grief/Loss |

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Morning Routine

- What time does your son or daughter get up?
- How do they get up For example: do you wake them, use an alarm clock
- What is the first thing they do when they wake up?
- What does the rest of the morning look like – step by step

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Wkbk 17

_____ 's One Page introduction

What People Like and Admire about _____

Insert
Photo
Here

What is Important to _____

Add here anything else you think should be shared about what is important to your daughter or son.


Supports _____ Needs To Stay Happy, Healthy & Safe

Does your daughters' or sons' routines suggest important supports? Write those here.

Supports, continued

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Wkbk 17


A Communication Chart



What is happening	_____ does	We think it means	And we should

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Wkbk 19


Communication Chart



When this is happens	I do this	It usually means	And I want you to
<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">#3</div> <ul style="list-style-type: none"> ▪ In the environment ▪ What's just gone on ▪ The "trigger" 	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">#1 (or 2)</div> <ul style="list-style-type: none"> ▪ The action ▪ What others notice ▪ Can be seen, heard, and felt by others 	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">#2 (or1)</div> <ul style="list-style-type: none"> ▪ Meaning of the action ▪ What the emotions and feelings are ▪ What's going on inside 	<div style="border: 1px solid black; border-radius: 50%; width: 60px; height: 60px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">#4</div> <ul style="list-style-type: none"> ▪ What other people should do or say in response ▪ Or not do or say.....

Wkbk 18

A Communication Chart

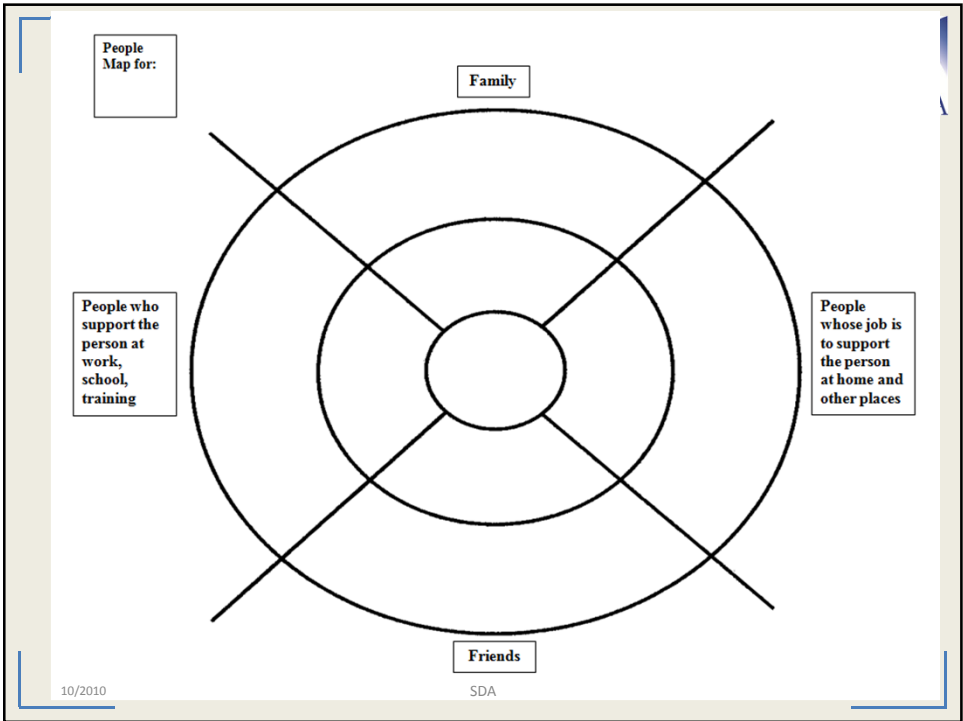


What is happening	_____ does	We think it means	And we should

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Wkbk 19



Learning from the Relationship Map



- Who is important to your son or daughter
- Who else you may want to talk to

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Learning from others



- Questions to learn what others may know -
 - What is your relationship with...?
 - How long have you known...?
 - How much time to you spend with...?
- Questions to learn if you should listen to them
 - What do you like about...?
 - What do you admire about...?

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Next Steps

Moving ahead

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3 Core Practices

- **Invitation**- invite valued others into the conversation
- **Purpose**-keep the purpose clear (you may need different versions for different purposes)
- **Use**-Share the one page introduction and learn from others use of it

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Review Work



- Read the one page introduction you have developed today.
- How well does what you have written cover what you think people should read? Is there anything else you would add?
- If so make a note of that now. You can write it right on the introduction. You have an unused copy of this format in your folder to use to make a final draft.

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Wkbk 22


Congratulations



You have completed your first
one page introduction

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