

SOME EXAMPLES OF 1 PAGE INTRODUCTIONS



Nathan

What others like and admire about me

Gives good hugs and sloppy kisses, fantastic,
Loving, Cheeky, Pulls funny faces, delectably
gorgeous, absolutely wonderful

What I like

Playing with toys that have shape and texture
and make noises

Watching Wiggles on TV, listening and dancing
to music

Spaghetti, Butties especially banana and
cheese, milk, baby juice

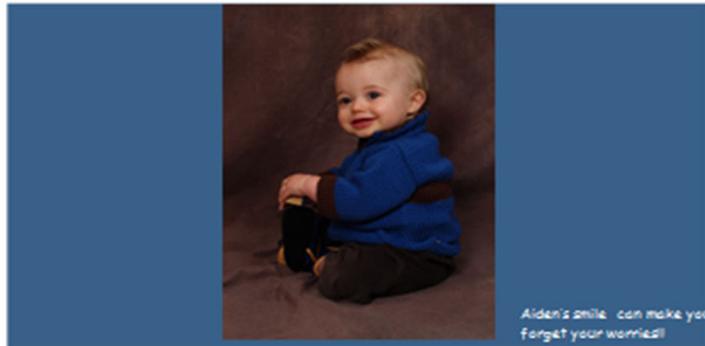
You can help me by

Mashing some of my food, I can eat finger food
by myself but please stay with me when I'm
eating as I can choke

Let me sit without help for short time but make
sure I am safe as I can fall over when I'm tired



Aiden



Aiden's smile can make you forget your worries!

Aiden's Family:

- Chloe Renee - sister
- Brian - dad
Cell #
- Dee - Mom
Cell #
Work

Emergency Contact

- Ann
- ## Aiden's Doctor:
- Dr....

Some great things about Aiden!

- ☺ He is adorable.
- ☺ He is loving!
- ☺ He loves to dance.
- ☺ He has a great smile.
- ☺ He loves to be hugged, held and loved.
- ☺ He loves doggies.
- ☺ He's very curious.
- ☺ He adores his sister.



What Aiden's day looks like:

- ☺ 7am Wake up & Bottle of Milk
- ☺ 8am Drop Off Daycare
- ☺ Floor time & Snack
- ☺ 10:30 ish Nap
- ☺ Lunch
- ☺ Floor time & Snack
- ☺ Mid afternoon nap
- ☺ 3:15 pm Days that dad does pick up.
- ☺ 5:15 pm Days that mom does pick up.

Things that are important for Aiden:

- ⇒ To make sure his food is cut up into small enough pieces.
- ⇒ To continue to receive occupational therapy for oral motor deficits.
- ⇒ To keep small items out of his reach...he loves to put things in his mouth.
- ⇒ He does not use a "binky" but will suck on his thumb.
- ⇒ He is high energy and needs a lot of activities/exercise.
- ⇒ To watch him carefully around water, he has already been under water once and can be sneaky trying to get to any type of running water.

Foods that Aiden Likes:

- ▼ Mac-n-cheese
- ▼ Ravioli
- ▼ Peanut Butter & honey sandwiches
- ▼ Yogurt
- ▼ Cottage cheese
- ▼ Rice and Beans
- ▼ Lunch Meat
- ▼ Chicken
- ▼ Pizza
- ▼ Pancakes
- ▼ Scrambled Eggs
- ▼ Sausage
- ▼ Malt-O-Meal
- ▼ Water in a sippy cup
- ▼ Cheddar cheese
- ▼ Gold Fish
- ▼ Nutter Butters
- ▼ Pretzels
- ▼ Teddy Grahams
- ▼ Cheese Puffs
- ▼ French Fries
- ▼ Graham Crackers

Joe Student

What others like and admire about Joe

- ✦ He is very sweet and knows how to make himself happy
- ✦ He finds things to entertain himself
- ✦ When he giggles it makes everyone else laugh

What is Most Important To Joe

- Having some control
 - Having his own space in the classroom
 - Being able to take his shoes off whenever he wants to
 - Being able to reject an activity when he wants to
 - Choosing when he eats and when he drinks, Having the ability to get up and wander around the room when he wants to.
- Having and doing the things that he likes (sensory)
 - *Not being around people who scream and yell*
 - Tapes, boxes, baskets, & containers. To carry them
 - Listening to, and playing with musical toys (keyboards)
 - Using mirrors to look at himself, looking at pictures of himself
 - Balls. Balls. Balls! (carrying them, or hitting them to make noises)
 - WATER PLAY! SINKS, WATER TABLES, SMALL POOLS

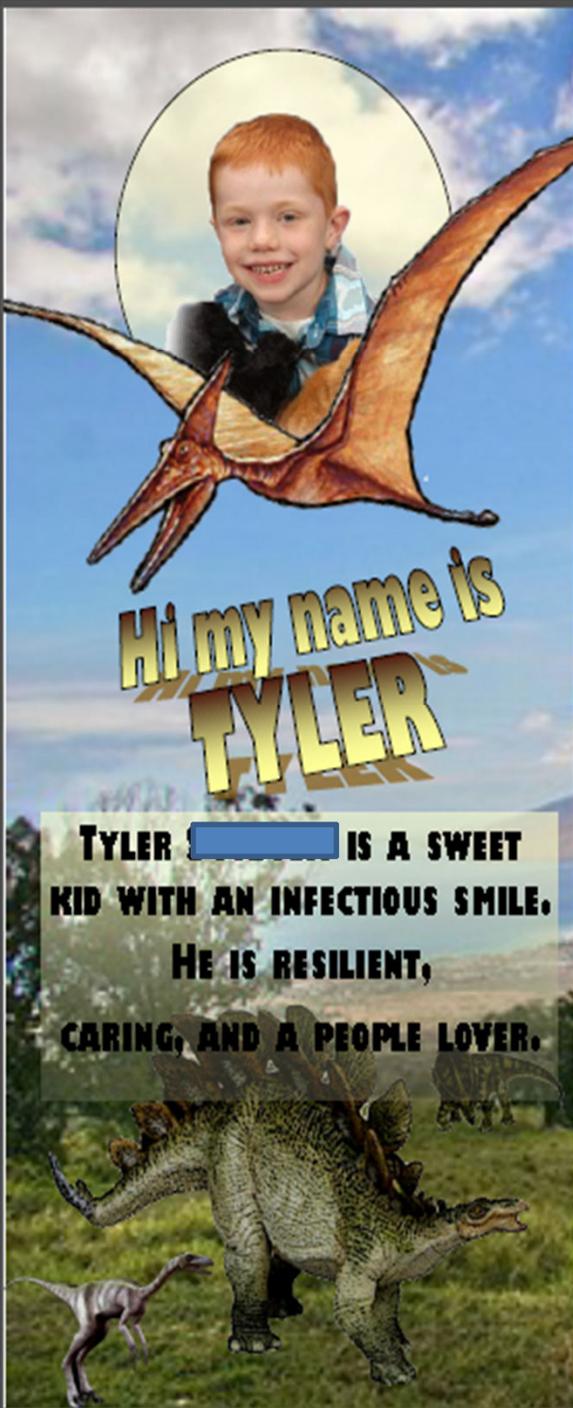


Supporting Joe's Sensory Needs

- Joe loves to sit in the net swing and being swung around in circles. It helps him calm when upset.
- Avoid large open spaces with high ceilings (like the gym) these are difficult for him
- Joe is very sensitive to noise, he gets upset when other students screams
 - When things are too loud for Joe, he will let you know by covering his ears
 - It's good to have earphones handy, both for Joe to try when things are loud, but also for staff when he gets loud.
 - Joe is very bothered by the sound of crying babies
 - Joe likes to see what sounds things make, he'll touch and try different things to hear the sounds. He'll find his favorites and repeat them.

Supporting Joe with Tasks/academics

- When Joe is in a good space, he can do up to three tasks before losing focus.
- When he is not in a good space, he may not be able to complete even a very simple and basic task.
- Pay attention to his mood and health when setting up work
- Be prepared to offer many sensory breaks and modify expectations if he is not able to perform
- Have many tasks available for Joe to work with
- Don't be surprised if one day he is very competent with a task, and another day he is not able to do it.



Hi my name is
TYLER

**TYLER [REDACTED] IS A SWEET
KID WITH AN INFECTIOUS SMILE.
HE IS RESILIENT,
CARING, AND A PEOPLE LOVER.**

This Is Important TO Tyler:

- + Tyler likes physical activities such as wrestling with dad or running freely without restrictions
- + Enjoys listening to Music –Coming Home by Diddy , Transformer Song New Divide, Travis Barker Soldier Boy and Show me what I'm Looking For by Carolina Liar
- + Going outside to play is great especially on the trampoline
- + Loves to watch Music Videos and YouTube – “the others” is the Land Before Time series or dinosaur bing.
- + Dinosaurs, trains and action figures are some of Tyler’s favorite toys
- + Tyler loves stuffed dogs
- + Tyler is a great eater!
- + He likes to be a big boy
- + To have friends, to play and entertain others

This is Important FOR Tyler:

- + When away from mom and dad, people who support Tyler best are energetic, happy, loving, caring, and can give him 100% of their time and attention
- + Being well supervised at all times
- + Tell Tyler what he needs to do with minimal words, show him and then let him do it
- + Give Tyler breaks when his legs get tired

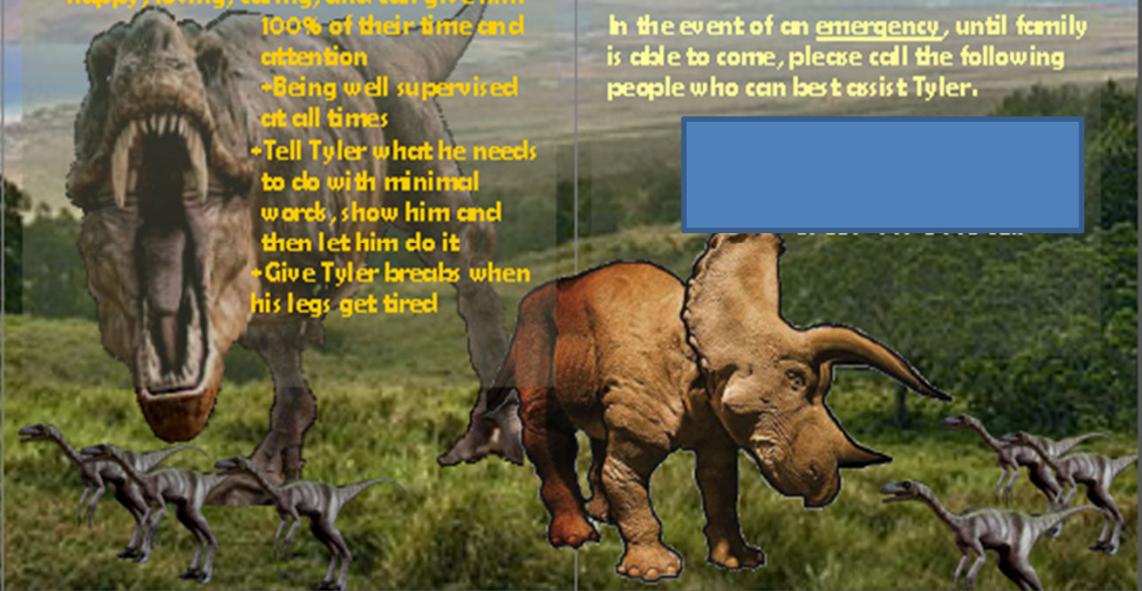
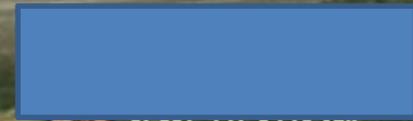
Things You Should Know to Best Support Tyler:

Tyler Cannot have MILK

If Tyler’s lips begin to swell- Call Mom ASAP on cell phone. Should he be struggling to breathe – immediately call 911

- + Sometimes when sitting, Tyler tends to sway side-to-side due to poor core strength and does not like sitting for more than 15 minutes at a time
- + Tyler has trouble doing two tasks at once
- + Tyler can remove his clothes independently, but requires assistance when putting them on
- + If Tyler uses inappropriate words IGNORE him
- + To make sure he is listening or to get his attention tell him “Quiet Hands” and wait until he clasps hands together

In the event of an emergency, until family is able to come, please call the following people who can best assist Tyler.



JOSIE M



GREAT THINGS

ABOUT JOSIE:

- VERY THOUGHTFUL - ALWAYS CARING ABOUT OTHERS
- LIKES TO "PARTY"
- GREAT BIG SISTER
- GOOD AT ORGANIZING

FAVORITE THINGS TO DO:

- * BEING CREATIVE -ART & WRITING STORIES
- * PLAYING WITH FRIENDS/FAMILY
- * SWIM
- * DANCE & SING
- * LISTEN TO GIRL ARTIST

Mother's Name: KD M...

Cell phone: 222-x000

Work phone: 773-x000

Email: Katherine...

Father's Name: Ryan M...

Cell phone: 295-x000

Work phone: 773-x000

Email: ryan.m....

Other good things to know about me:

- **I am allergic to peanuts!**
- I love to talk to my friends, so I may need reminders to stay focused.
- I learn best by doing - expressing myself with pictures more than words.
- I am a visual/kinesthetic learner - I love checklists and visual quos work well.
- I work better in small groups and even better with 1-on-1.
- I do better when I am confident - I am sometimes afraid to ask for help when I don't understand because I don't want to look dumb.
- I may need something explained to me more than one way - you will know I understand if I can repeat it back to you.



IT'S ALL ABOUT ME
ELIZABETH KATZ

What we love about Elizabeth!
(see pages 4-5 for more info)

- She's a determined self-advocate – ask her about her rally speeches
- A gutsy gal
- Talk about organized!
- A true blue friend
- She lights up a room!
- She's a Fashionista

A Few Things That Are Important TO Me...

(Please see pages 6-10 for more information)

- My independence
- A thriving social life
- Being organized and prepared
- School – Graduation in May 2011!
- Taking good care of myself
- Routines
- Planning for the future – including a job, an apartment, and a boyfriend
- Everything Michael Jackson
- Diet Coke
- Singing at church
- Fun with friends & family
- Writing in my journals
- Avoiding conflict
- Fashion
- Close relationships with Family & Friends

...And A Few Things That Are Important FOR Me:

(Please see pages 11-13 for more information)

- CPap machine, plenty of sleep (may include naps)
- Seizure medications
- Healthy diet and exercise
- Writing in my journals
- Conflict free environments & relationships
- Avoiding a "fireball"

Here's How You Can Support Me:

(Please see pages 12-14 for more information)

- Help me with time, money, cooking, shopping & some cleaning
- Help me find a job and job training
- Assist me to fix my hair & pick out cute outfits
- Help me make healthy food choices and to exercise
- Understand if I'm upset, I'm probably tired.
- Talk to me nicely & quietly. No bad words.
- When people around me are angry or there is conflict, help me get away
- Help me understand what's going on, what to expect

What We Love About Elizabeth:

- Hard Worker
- Role Model
- Great Co-Worker
- Outspoken
- Powerful Presence
- Organized
- Knows What She Wants
- Snappy Dresser

November, 2011

ELIZABETH KATE



A Few Things That Are Important FOR ME...

- Having time to myself in my room
 - Getting plenty of sleep
 - Taking my medicine
- Time to talk on the phone with my boyfriend
- No interruptions when I am talking to my boyfriend
 - On the phone
 - CPAP Machine every night
- Someone to talk to that is not my Mom or Dad about my boyfriend.
 - Keeping my job
 - Asking for help at Work
- Eating healthy foods and exercise
 - Sticking to my routines
 - No Fireball

A Few Things That Are Important TO ME...

- Dates with my boyfriend
- Talking on the phone with my boyfriend
- Doing things (reading police books) that my boyfriend likes to do
- Going to Young Life at Church every Thursday
- Writing in my journals
- Time to be in my room by myself
- Eating out at my favorite restaurants: Sonic, Chick Filet
- Fashion
- Justin Beiber
- Working at Classic Cuts
- Spending my money
- Being Organized
- Planning to move to an apartment
- Diet Coke
- Katy Perry
- Going to scrap booking class
- Volunteering at St. Joseph's hospital on Mondays and Wednesdays
- Time with my buddy every Monday

Here's How You Can Support Me:

- Help me get to and from work
- Help me understand my work schedule
- Help me understand what my boss wants me to do
- Help me understand how to save and spend my money
- Help me get a ride with my boyfriend to go on dates
- Talk to me in a calm voice if you have to interrupt me when I am on the phone with my boyfriend
- It is ok to stay in my room
- Help me to get enough sleep even when I want to talk on the phone with my boyfriend
- Make sure I can talk with Rachel about my boyfriend
- Support me to learn what I need to learn so I can move into my apartment
- Tell me if you think if I am doing something that is not good for me and give me an idea to do something else.



Elizabeth Kate

A Few Things That Are Important TO ME...

- Talking on the phone to my boyfriend
- Copying down words from books my boyfriend likes in my journals
- Planning to move into an apartment
- Watching TV: Old Disney movies on VHS at Eddie's House
- Doing stuff I use to do when I lived in Dallas:
- Go to Brahms
- Go to the Library
- Go to my old church
- Help Eddie cook
- My own room at Grandma's
- My stuff organized in my room
- Coke Zero
- Money
- Time alone in my room

What we love about Elizabeth:

- She is very determined
- Will tell you what is Important to her
- Fiercely Independent
- Fashionista

A Few Things That Are Important For Me:

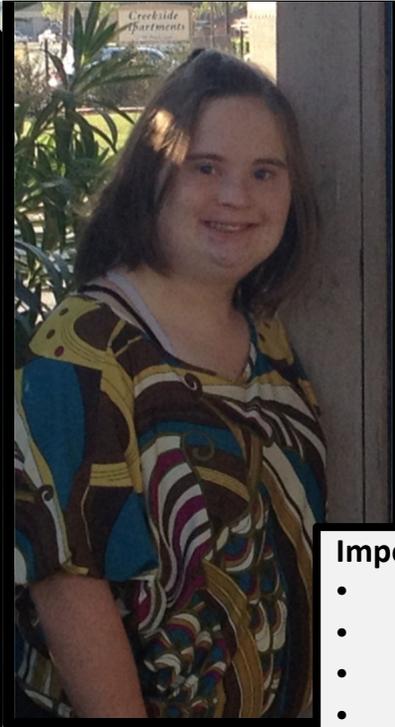
- CPAP machine every night
- Medications for my seizures and my bad moods
- Eating Healthy and Exercise
- Writing in my journals
- Talking to my boyfriend on the phone
- Staying away from my family
- Living in my own apartment
- Plenty of Sleep
- Time to be alone in my room
- Keeping my fireball from hurting anyone
- Keeping my job

Here's How You Can Support Me:

Leave me alone if I ask you to
Remind me nicely if I need to get off the phone and go to sleep
Help me do fun stuff I like: going to Brahms, watching movies with Eddie and helping Eddie cook
Take me to church to see my old church friends
Ask me if I need a break to go to my room if I get mad at you
Always talk in a soft tone
Walk away from me if I am mad and I won't listen to you or if I am yelling at you
Let me know if what I am doing is not safe and try to make me laugh by making faces or doing something silly.
Help me understand about choices about where I will live
Let me know what to expect...what the next steps are
Help me understand why I can't go see my boyfriend

These are some things that are important to me...

Healthy Diet
Exercise
Plenty of sleep at night and naps during the day
Using my C-Pap Machine
Taking my meds for seizures and moods
Privacy
No spicy food
Being careful moving heavy things because my right knee will get hurt
Being able to call my boyfriend
Quiet tones when talking with me
No bad words
To be organized



Elizabeth Kate

and her own apartment

October 16, 2012

What we love about Elizabeth!

Never, never gives up
Knows what she wants
Independent
Fashionista
Adventurous
Super Volunteer

Here's how you can support me:

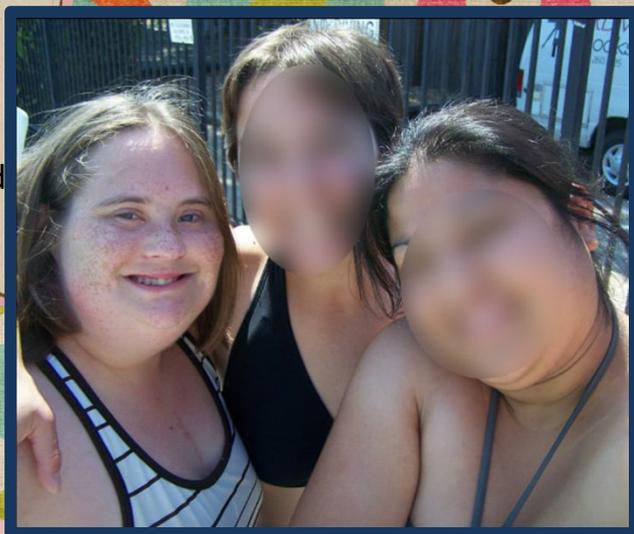
- Help me set up my med box
- Help me budget my money for rent, bills, food and savings
- Don't cook for me...cook with me
- How to use the bus
- Rides to work
- Reminders to sleep
- Set up dates with my boyfriend
- Stay away if I want to be by myself
- Help me understand that what I want to do may not be the best thing to do
- How to make sure my apartment is clean
- Let me talk to someone about my boyfriend and

Important To Elizabeth Kate:

- Living on my own my apartment
- Being able to go to my room when I want to by myself
- Going on dates with my boyfriend
- People in my apartment that I want in my apartment
- My boyfriend coming to dinner at my apartment
- Going on dates with my boyfriend
- Visiting my boyfriend at his school
- My phone to call my boyfriend
- Writing in my journal
- Dancing, singing, listening to music (Adele, Michael Jackson, Katy Perry, Justin Beiber)
- Shopping for new clothes and food
- Job at Classic Cuts
- My own money
- Police Books
- Going to the Library
- Going to Young Life on Thursdays
- Hanging out with my buddy, Hunter
- Coke Zero
- Volunteering at the Hospital

What we love about Elizabeth Kate...

- She keeps trying
- Great learner
- Super Volunteer
- She is friendly and never meets a stranger



June 13, 2013

These are some things that are important for me:

- Sticking to a schedule I get to make up
- Taking meds for seizures and moods
- Getting my meds checked by doctor
- Talking with a counselor or a support staff who is a woman about boyfriends
- Lots of sleep and nice reminders to take a nap or not to stay up too late
- Talking with me about choices I make that may not be healthy
- Eating healthy foods...sticking to my meal plans
- Exercise: Curves, walking to hospital, swimming, playing work out games on Wii, dancing to music I like
- Time with my family but not over night

These are some things that are important to me...

- Going out to eat with my family (Taco Tuesday)
- Going to church with my family
- Swimming at my apartment with Kelley and Blanca
- Going to Curves to exercise
- Having a roommate for a friend and for support
- Volunteering at the Hospital
- Privacy
- Writing in my Journals
- Listening to Music: Michael Jackson, Justin Beiber, Katy Perry
- Working out to Music games on the Wii
- Finding a new job
- Making new friends at church maybe
- Pepsi Max
- Talking on the phone with Mom or Dad every day
- Money to buy stuff I want
- Going to the library
- Learning how to take the bus
- Getting enough sleep
- Talking to a counselor, roommate and support people about my boyfriend
- Keeping organized and sticking with my schedule
- Working on setting up my meds by myself

Here's how you can support me...

- Make sure I have a say in my meal plans
- Help me make a schedule that includes stuff that I like to do and is healthy
- Remind me in a quiet tone to take naps and go to bed by midnight. If I don't want to, remind me what I have planned for the next day that is important to me and how sleeping really makes it the next day better
- Wake me up in the morning telling me a joke or being silly...but not loud
- Help me walk to the hospital
- Help me learn to take the bus to the mall, movies and restaurants I like
- Help me make healthy choices at restaurant, but don't try to make me make a healthy choice
- Help me with my money and budget
- Help me to cook food with you

Sally's One Page Profile



What People Like and Admire about Sally

- She is tenacious
- She's good at helping others learn what needs to be done, what the routines and expectations are
- She is kind and helpful
- She is funny and a good at joking around



What is Important to Sally

- Having things done the way they are "supposed" to be done (e.g., laundry protocol)
- Her music and her MP-3 player
- Having a routine that she follows
- Having time with kids or other ways she can be "helpful"

Supports Sally Needs to be Content, Healthy and Safe

- Sally eats very slowly; and needs her foods cut up before her plate is put in front of her
- Give her time to process requests; it takes a while for Sally to make up her mind. She does not like to be rushed.
- Due to her seizures, Sally needs to wear her helmet whenever she is walking
- Do not touch or mover Sally's belongings without her permission
- Routines and rules matter to Sally: there are specific protocols for supporting Sally (seizure, bathing, laundry, helmet, bag, family contact); staff must be familiar with each of them and follow them
- Find time for joking a teasing with Sally

Supports, continued

- Remind Sally to "walk slowly" so she doesn't fall
- Right now, Sally's food plan does not include sugar or caffeine; help her choose foods that meet this requirement

Tammy's One Page Description

What People Like and Admire about Tammy (Pg 6)

- Is always smiling
- Totally accepts people
- WONDERFUL personality
- Stylish
- Accepting and forgiving
- Resilient
- Great sense of humor
- Friendly and social



What is Important to Tammy (Pg. 7-8)

- Being a part of things
- Having eye contact with everyone
- Looking stylish and having her hair and nails done
- Being comfortable and not having her tubes underneath her
- No roughness in personal care

Supports Tammy Needs to be Happy, Healthy and Safe (Pg. 10-14)

- Always have her head elevated
- To be suctioned frequently (5-6 times per shift). Gurgling noises means she needs to be suctioned
- To have people be kind, sensitive, loving and have a gentle touch
- Be gentle with brushing her hair (she doesn't like it, but wants it to always look nice)
- Always make sure her clothes match and make sure it's not sweat clothes
- Tammy needs to be repositioned every two hours
- Always follow through with a promise or give an explanation of what is going on and when you can keep the promise if something comes up
- Be sure to have Tammy use her body to keep flexible

Tammy's Picture Of A Life (Pg. 19-21)

- Live in a big wheelchair accessible home with extra wide doors, close to her family
- Have a fun and social housemate
- Have a beautician she can go to regularly
- Have a social medical day program close to home
- Have specialized medical services and medical equipment (including backup generator)

~ Sara's One Page Description ~

What People Like and Admire about Sara (Pg 5)

- She has a passion and zest for life
- Friendly and fun
- Positive energy in wanting to advocate for others
- Likes to help and is protective of others
- Very independent
- Knows what she wants to do and is resourceful



What is Important to Sara (Pg. 6-8)

- Being respected and people not breaking their promises
- Being social, joking and doing things with friends
- Making a difference for people
- Being able to smoke without being bugged
- People not messing with her things

Supports Sara Needs to be Happy, Healthy and Safe (Pg. 10-15)

- One person to provide clear directions and expectations
- Give her choices to keep her from getting bored. Always have a "plan B" in case things don't work out
- To be supported unconditionally so she can gain trust in you to help when she moves
- Must have people be consistent with her and talk with her when she gets upset or starts self-diagnosing herself
- Have consistent respite for Sara and others to relax and recharge
- ASK Sara to do something, rather than tell her.
- Always follow through with a promise or give an explanation of what is going on and when you can keep the promise if something comes up

Sara's Picture Of A Life (Pg. 20-24)

- Live in a Host Home where she can have her own living space and be able to smoke outside
- Have an active community that has good public transportation and advocacy opportunities
- Have a GED class that can lead to paid work for her
- Have mental health services to support Sara and her new provider

~ Liz's One Page Description ~

What People Like and Admire about Liz

- She knows everyone's birthday
- Has the gift of gab ~ can hold a lengthy conversation with anyone!!
- Has a green thumb and knows lots about plants and flowers
- Never gives up even through long bouts of serious illness
- LOVES animals!
- Her sense of adventure



What is Important to Liz

- Being in control of her life
- Living in her own home with her 3 cats
- Talking with her daughter frequently
- Having lots of information about her health, and any changes in her life
- Being active; doing things with her family and friends
- Staying in touch with friends

Supports Liz Needs to be Content, Healthy and Safe

- When really depressed, family needs to ask "what did you eat today" to help keep an eye on possible malnourishment
- Must be able to keep a small notebook to write notes and help her remember tasks; she will get confused when she is not well or when she is feeling overwhelmed
- When she is not well, it helps if she talks to her daughter every day
- Because of having Fibromyalgia, she needs someone to clean her house regularly for her
- When she isn't well, she needs someone who can grocery shop and run errands for her; or take her to run errands
- A skilled pet sitter to care for pets when Liz is away or unwell

- **People Who Support Her Best:**
- Like to chit chat and are good listeners and processors of information
- Are consistent; punctual and dependable
- Like to share about their own life

~ Ruth's One Page Description (at home)~



What People Like and Admire about Ruth

- Such a "grandmother"
- A true lady
- Has the gift of gab ~ can hold a conversation with anyone!
- Always dressed so nice ~ everything always matches, right down to socks and earrings
- Very liberal thinker for her age



What is Important to Ruth

- Living with granddaughter and grandson-in-law
- Being warm and feeling safe with caregivers
- Having "a little pour" before bed (rum and tea)
- Being a part of whatever is going on at home ~ being in the middle of it!
- Sweets during the day!

Supports Ruth Needs to be Happy, Healthy and Safe

- Needs people to ask frequently if she is warm enough and help her put on sweater/sweatshirt if she is not (she'll be cold when you're not)
- Must have assistance with her medications ~ knows them by color but you need to dole them out and keep track of times
- Needs assistance with bathing and dressing ~ will tell you what clothes she wants to wear for the day/event
- When bathing, no water on face ~ she will wash with cloth
- Must talk with daughter 2-3 times a week on the phone ~ will need you to dial for her
- Must see her doctor right away if she has cough, fever or is "off balance" ~ indications of systemic infection that will grow quickly!

People Who Support her Best

- Like to chit chat
- Are timely and stay busy
- Polite and mannerly
- Have a witty and dry sense of humor
- Can be reassuring and help Ruth feel safe