

Foundational Supports

One Page Profile

Building a strong relationship requires getting to know the person and seeing them for the unique individual they are. A simple one-page profile can gather and present this key information in an easily readable format, acting as an important reference guide before and during program activities. One-page profiles are applicable and beneficial for strengthening relationships with children of all abilities.

One-page profiles should be viewed as 'living documents' that can be updated and changed as leaders develop a better understanding of program participants. The profile should try capture the following information:

Strengths

Things that are important to them; interests and abilities

What are they passionate about?
What makes them happy and excited?
What are their best personal qualities?
What is the individual good at?

Try to highlight the strengths behind their interests:
ex. Loves arts and crafts - can sit still and focus for long periods of time when drawing or painting

Context and Background

What may impact them; what is going on in their life

Is it their first time participating in this activity?
Do they have any friends in the program?
Is there anything going on in their personal life that may impact their attitude or behaviour while participating?
ex. change of family status or break-up, bullying, medical needs or concerns, injury, cultural or religious considerations, changes to routines

Challenges

Things that are difficult; reactions to stress

How do they show they are overwhelmed / stressed?
Are there particular environments or activities they find uncomfortable or unpleasant?
When might they need extra support?
Do they have any relevant fears or triggers?
What behaviours may be concerning or a risk to themselves or others?

Challenges are not related to a child's personality but are places or things that may be difficult for them: ex. Loud environments are overwhelming, risk of bolting, communication barriers

Supports

How to bring out their best; accommodation examples

What routines are important to them?
What helps them to prepare for or deal with change?
What helps them to work through big emotions?
What helps to motivate them to get involved or try?
How do they ask / show they need help or attention?
What is the best way to communicate with them?
What tools or strategies have worked well before?

ex. time alone when upset, use of visual schedules, extra warnings before transitions, incorporating movement, use of adaptive equipment,