



# #knowaboutme

*What people like about me ...*

*What is important to me ...*

*How best to support me ...*

*My hopes and dreams ...*

*What must happen ...*

*What must not happen ...*

*How will decisions be made ...*

## *One Page Profiles are deceptively simple and in this simplicity lays their strength.*

What is a one page profile? A one page profile tells us about you as a person. It tells people what others like and admire about you, what is important to you and how to support you well. This may be particularly useful information for staff or carers whom you may come into contact with and help to really personalise your care. This document is your property for you to share and update as often as you wish. Here are some useful tips for filling in yours.

### *What people like about me ...*

- A proud list of your positive qualities, strengths and talents.
- What do people thank you for , what do they admire about you, what's the best compliment you've been paid, what would others say they value about you
- Ask friends, family, colleagues

### *What is important to me ...*

- Enough detail that someone who doesn't know you can understand what matters to you
- Think about the people who mean the most to you, do you like to do anything special with them ie family roast every Sunday,
- Favourites music, hobbies, activities, foods
- What makes you feel happy or content

### *How best to support me ...*

- Think about what a good and bad day looks like? What do people need to know to help you have more good than bad days?
- What makes you feel stressed or anxious?
- How can others help make your time more productive, positive and less stressful?
- What would a new person need to know about you to be able to get on really well with you?

### *My hopes and dreams ...*

- What would you like to achieve over the next few days/weeks/months/year?

### *What must happen ... / what must not happen ...*

- Your absolutes about anything, treatment , care, information etc

### *How will decisions be made ... / who will be involved ...*

- You may wish conversations to start with you or prefer certain family members to be involved or not involved. If you were unable to make decisions for yourself who would you want to make them for you?

*If you would to chat to someone about this form, or would like some support, please don't hesitate to contact Jersey Hospice Care on 876555.*

