**One page profile**

Name:

Date of birth:

Key person/buddy:

My interests and what’s important to me:

Photo

My strengths/things I am good at:

Things I need help with:

1)

2)

3)

Please also look at my individual support plan

What a good day looks like:

My communication style:

When upset or dysregulated, things that help to calm me:

Things I do not like that trigger dysregulation:

What being upset or dysregulated looks like for me: