The Power of the One Page
Introduction

Oklahoma Learning Community for Person Centered Practices

Jenifer Randle
Person Centered Planning is a way of organizing around one person to define and create a better future.

Pete Ritchie (O’Brien 2002, p11)
A cartoon to illustrate a Non-person centered approach. One man is talking to four individuals, one of which is dressed as a pirate with a cat on his shoulder. The man says to the four, “We thought you all should have a cat.” The pirate says, “Actually, I’d have preferred a parrot!”
Important TO

Things, people, places and activities ...

• We like... Brings us Joy,
• We love... Happiness and
• We are passionate about... Satisfaction and make us individuals
Important To

Words

Conflict

Behavior

That's a great idea!

That's awesome!

Girl talking to an uninterested boy.

Lady talking to an uninterested girl.
Important FOR

Things, people, places, situations and activities we need for...

• Health
• Safety and
• Community Value
Community Value

What others see as necessary to help the person:

Be valued

Be a contributing member of their community
"How come grandma can have blue hair, but I can’t?"
Balance

IMPORTANT TO

IMPORTANT FOR

Passion
Love
Joy

Community Value
Safety
Health

A scale
Sorting Practice

A scale with "IMPORTANT TO" on the left and "IMPORTANT FOR" on the right, with "OR" in the center.
One Page Introductions

Captures important information about a person in an easily accessible and personalized format.

Can include...

• What People Like and Admire
• Important TO the Person
• Important FOR (supports)
• What’s Working/Not Working

A snapshot of the individual.
One Page Introductions

- Are powerful!
  Can use them for introductions (new staff, teachers, medical professionals, etc)
  For updates
  Helps everyone be on the same page

- Can be created to help support someone in many areas of their life: home life, work, health, etc.
Jen’s One Page Introduction

What people like and admire about me

What’s important to me

How best to support me
Information Gathering
Information Gathering

Important to & Important for Good Day/Bad Day & Routines & Rituals & Working/Not Working

Oklahoma Learning Community for Person Centered Practices
## Jen’s Good Day / Bad Day

<table>
<thead>
<tr>
<th>GOOD DAY</th>
<th>BAD DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waking up early</td>
<td>Running late</td>
</tr>
<tr>
<td>Cross off items on my to do list</td>
<td>Computer issues</td>
</tr>
<tr>
<td>On time to appointments</td>
<td>Having to drive in traffic</td>
</tr>
<tr>
<td>Learning something new</td>
<td>Not knowing how to answer someone</td>
</tr>
<tr>
<td>Being helpful to someone</td>
<td>Negative attitudes towards ideas; closed minds</td>
</tr>
<tr>
<td>Hearing news from YLF alumni or staff</td>
<td>Not listened to</td>
</tr>
<tr>
<td>Writing my story and post online</td>
<td>Tension “in the air”</td>
</tr>
</tbody>
</table>
### Jen’s Good / Bad Weekend

<table>
<thead>
<tr>
<th>GOOD WEEKEND</th>
<th>BAD WEEKEND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Being home</td>
<td>Not home</td>
</tr>
<tr>
<td>Seeing or Hearing from my family</td>
<td>Don’t get to do any writing</td>
</tr>
<tr>
<td>Watching sports</td>
<td>Car problems</td>
</tr>
<tr>
<td>Crossing off items on my to do list</td>
<td>Not feeling well</td>
</tr>
<tr>
<td>Read my book</td>
<td>Sleep too late</td>
</tr>
<tr>
<td>Work in the yard or on house</td>
<td></td>
</tr>
</tbody>
</table>
Jen’s One Page Profile

What people like and admire about me

What’s important to me
- Writing
- Technology / computer
- Getting things done
- Learning
- Family
- YLF / Work

How best to support me
- Computer works
- Being open-minded
- Ask me my thoughts &
- Listen to me
- Being positive

Photograph of presenter.
<table>
<thead>
<tr>
<th>Makes Sense</th>
<th>Doesn’t Make Sense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting people</td>
<td>Buying lunch every day</td>
</tr>
<tr>
<td>Assisting youth &amp; young adults ( &amp; others)</td>
<td>Not moving around</td>
</tr>
<tr>
<td>Different days bring new tasks - challenging</td>
<td>No windows</td>
</tr>
<tr>
<td>Having fun while working</td>
<td></td>
</tr>
<tr>
<td>Having an office</td>
<td></td>
</tr>
<tr>
<td>Creativity at work</td>
<td>(From Jen’s Perspective)</td>
</tr>
</tbody>
</table>
Jen’s One Page Profile

What people like and admire about me

What’s important to me
Writing
Getting things done
Learning
Family
YLF / Work
Moving around
Challenges
Friends

How best to support me
Computer works
Being open-minded
Ask me my thoughts &
Listen to me
Being positive
Build time into day to
walk
Make lunch for work
Jen’s Morning Ritual

4:00 am – Wake up

4:05 am – Get up, wash face, brush teeth, pet and play with TC

4:20 am – Read book

4:40 am – Get up (again); shower

5:00 am – Get ready for day (get dressed, make-up,)

5:45 am – Eat breakfast (cereal please) and read any “fed space” posts

6:00 am – Write “fed space” posts

7:00 am – Check TC’s food and water bowls, pet and play with TC

7:10 am – Get anything I need for work

7:15 am – Get newspaper, start car, and go to work

7:40 am – Turn on computer at work, review list of things to do
Jen’s One Page Profile

What people like and admire about me

What’s important to me
Writing
Getting things done
Learning
Family
YLF / Work
Moving around
Challenges
Friends
Get up early
Reading
My cat

How best to support me
Computer works
Being open-minded
Ask me my thoughts &
Listen to me
Being positive
Build time into day to
walk
Make lunch for work
Internet works
Writing board works
What we Like & Admire about each other

• How do you want to be introduced to others
• What you would decide to share
• Who would provide that information
Jen’s One Page Profile

What people like and admire about me

- Passionate
- Tech Guru
- Learner
- Interested in others
- Good sense of humor
- Thorough
- Creative
- Open-minded
- Friendly
- Fun to be with
- Insightful
- Caring
- Smart

What’s important to me

- Writing
- Getting things done
- Learning
- Family
- YLF / Work
- Moving around
- Challenges
- Friends
- Get up early
- Reading
- My cat

How best to support me

- Computer works
- Being open-minded
- Ask me my thoughts &
- Listen to me
- Being positive
- Build time into day to
- walk
- Make lunch for work
- Internet works
- Writing board works
This website is a community resource for people who have had training or support in using person centred thinking tools.

Here you will find a range of person centred thinking tools and one page profiles, and how to use them together for a person centred review or support plan. You can fill in the tools online and print them out, or save them to your computer.

If you have not had training and want to use person centred thinking tools in your own life then please go to thinkaboutyourlife.org

If you want training and support to use person centred thinking tools go to learningcommunity.us or helensandersonassoc.co.uk
GREAT THINGS ABOUT ME

- Excited to learn
- Creative
- The DaVinci of 1st Graders
- Fun
- Charismatic
- Inquisitive
- Handsome
- Vivacious
- Helpful

WHAT’S IMPORTANT TO ME

- My Family: Mom, Grandma, & sister
- I want to learn to read
- Eating what I like
- Some of my favorite foods are chicken nuggets, corn, chocolate milk, milk, cookies, ice cream, gold fish crackers, yogurt, French fries, pizza
- Using my imagination & building things
- Going to the zoo - Birds are so cool!
- Movies... I love watching the sand lot!
- Figuring out how things work
- Trains - need to know what type of engine a train has? I’m your man!
- Helping others

WHAT YOU NEED TO KNOW ABOUT ME

- I need to know what the rules are.
- I can be shy. Encourage me to use my voice.
- Let me be helpful.
- I can get upset when others tease me.
- I learn best when I can be active.
- I like to eat certain things - please be supportive of what I like.
- Sometimes I need to be alone. Please help find a quiet place to think.
- I get frustrated when school work is hard. Let me take a small break to calm down.
Resume

Joey Malette

Address here
Phone number here

Future goals
Study law to become a Crown Attorney
Find a way to bring justice and peace to the world
Help people who experience poverty, abuse, sickness

Accomplishments
Honour student at Franco-cité, grade 10
Placed 2nd in the 2011 Richelieu spelling contest (French)

Paid employment and volunteer experiences
2011 West Nipissing Pageant – set up and sound board technician
Community Christmas luncheon (December 25, 2010) – doing dishes
Christmas Telethon (December 2010) – technician support and singing
Remembrance Day Social Tea at Legion (November 2010) – doing dishes and serving food/drinks
Technician team at school (sound board)

What people like and admire about me
independent kind, warm-hearted good in math
creative loyal, honest good with handling money
good at adapting to changes bilingual generous
calm, easy going friendly, accepting of others can stand my own ground (not
great with technology helpful influenced by others)

My interests and what is important to me
My family and friends
Playing guitar and the piano
Composing music
Reading
Writing novels and poetry
Bowling, badminton, volleyball
Would like to try golfing and playing tennis
Lending an ear when friends are in need
Making my own decisions

References
Add names, role and phone number here
GREAT THINGS ABOUT ME:
For more see p3 of my description

• The Brer Rabbit of Storytellers
• Easy-going
• Welcoming
• Great sense of humor
• Joyful
• Charismatic
• Artistic
• Loyal

WHAT’S IMPORTANT TO ME:
For more see pp4-5 of my description

• Mexican Food, a little hot and a little spicy...want to go to Ted’s?
• Chinese Food – not picky, love it all!
• Macaroni & Cheese with Tuna
• Coffee with creamer & splenda
• My family: Mom, Dad, Samantha, Aunt Kara, Uncle Jeff
• Cigarettes: Marlborough Brand
• Watching Western or Action movies
• Recycling cans for extra money
• Shopping
• Popcorn Chicken
• Let me choose what we talk about.

WHAT YOU NEED TO KNOW ABOUT ME:
For more see pp 7-8 of my description

• I direct my activities. Please support me quietly.
• Please don’t tell me what to do. You can give me suggestions or ask questions but I will make the decision.
• I will wake up on my own, shower on my own, but I need help pulling my hair back in a pony tail.
• I use the word “dinner” for lunch and “supper” for dinner.
• I need to have my inhaler with me.
• I do use oxygen, but only when I’m “scary out of breath.”
• I will decide if I need a breathing treatment. It’s okay to ask me if I think I need a treatment if I sound short of breath.
• I need grab bars and a shower chair.
• Prepare my medicine and make it available with a drink. Ask if I need pain medicine.
Where One Page Introductions are being used

• In Schools
• For Transitions
• In Organizations
For More Information

Jenifer Randle

Oklahoma Developmental Disabilities Council

405-521-4964 / 800-836-4470

Jenifer.randle@okddc.ok.gov