My Page One-Page Profile

Please complete this one-page profile before your assessment and/or transition meeting with your case manager. This allows us to know you better and understand what is important to you. Your case manager will review your profile with you before completing your assessment and person-centered service plan.

By understanding you and your goals, your case manager can better help determine how DSHS' Developmental Disabilities Community Services paid services may assist you in living the life you want to live. My Page can help us create a bridge toward your goals and make the assessment/transition feel more personal.

You can complete the one-page profile on your own or with assistance. If you need extra space, you can use another sheet of paper. Feel free to include a picture of yourself with your profile.

Not completing the profile will not affect your eligibility to receive a DDCS assessment or paid services.

Instructions:

- **In circle:** Write your name, age and the date you completed your profile. You can add a photo if you like.
- **My strengths, skills, and gifts:** Tell us things you are good at doing.
- **What works for me/ what doesn't work for me:** List what helps you the most. What is it that allows you to be productive and positive throughout the day? State what you DON'T like. What makes you feel upset?
- **My interests:** What makes you who you are? What do you enjoy doing?
- **My perfect day:** What do you enjoy doing? Describe your perfect day!
- **How to best support me:** Explain ways people can best assist you when you need help. How should people communicate with you? What is important for your health and safety?
- **Where I want to live:** Do you like where you are living now? Where do you see yourself living in the future?
- **What is culturally/spiritually important to me:** Personal identifiers that may be important to you such as LGBTQ identity or spiritual groups such as Buddhism or Christianity.
- **What is important to me:** Write down people, places, interests, activities, things, pets … anything that helps you live happily and safely.
- **Who is important to me:** Who helps you or makes you happy? You can also write down people you want in your life. For example, do you want a housemate or partner?
- **My favorite things:** What makes you light up? What are some things you absolutely love?
- **In the next year, I really want to:** This can be ANY goal, plan, or achievement that is important to you!

My Page

My strengths, skills, and gifts:

How to best support me:

Who is important to me:

What does/doesn't work for me:

What is important to me:

Name: _____

Age: _____

Date: _____

My favorite things:

Where I want to live:

My interests:

My perfect day:

In the next year, I really want to:

What is culturally/ spiritually important to me: