

# One-Page Profile

Person-Centered Practices (PCP) is an ongoing problem-solving process used to help people plan for their future. In person-centered practices, groups of people focus on an individual and the person's vision of what they would like to do in the future. This generally includes assessment and planning tools that are focused on the participant's strengths, choice, and self-direction in an effort to understand what is important to and for the participant.

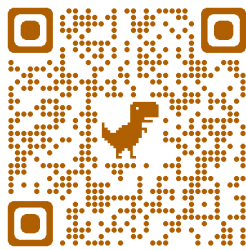
## Seven Elements of Person-Centered Practices

1. Seeking to Understand Your Current State
2. Envisioning the Future
3. Understanding Strengths & Leveraging Abilities & Capacities
4. Exploring Challenges & Barriers
5. Tending the Future
6. Asking for Help
7. Stepping into the Future



## For more information follow the QR codes below:

One-Page Profile Explanation



What are Person-Centered Practices?



## How to complete My Profile:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• <b>In the center:</b> Write your name, age, and date you completed your profile. Add a photo if you like.</li> <li>• <b>My strengths, skills, &amp; gifts:</b> What am I good at doing?</li> <li>• <b>What works for me / what doesn't work for me:</b> List what helps me the most. What is it that allows me to be productive and positive throughout the day? What do I NOT like? What is it that does not help me? What causes me to be upset?</li> <li>• <b>My relationships &amp; interests:</b> Who is within my circle of relationships? What interests me?</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Describe my perfect day:</b> What is a perfect day for me?</li> <li>• <b>My favorite things, what makes me happy:</b> What makes me light up? What are some things that I absolutely love?</li> <li>• <b>How to best support me:</b> How should people communicate with me? What's important for my health and safety?</li> <li>• <b>What is important to me:</b> What are the places, interests, activities that helps me live happily and safely?</li> <li>• <b>In the next year, I really want to ____:</b> What are the goals I want to achieve in the next year?</li> </ul> |
|---|--|

# My Profile



**My strengths,  
skills, and gifts:**



**What does &  
doesn't work for  
me:**



**My  
relationships &  
interests:**



**My perfect day:**

**Name:**

**Age:**

**Date:**



**My favorite  
things / What  
makes me  
happy:**



**How to best  
support me:**



**What is  
Important to  
me:**



**In the next year, I  
really want to:**