

My Page One-Page Profile

Please complete this one-page profile prior to meeting with your case manager for your assessment. This enables them 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 DDA paid services can assist you in living the life you want to live.

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

You are not required to complete a one-page profile. Not completing the profile will not affect your eligibility to receive a DDA assessment or paid services.



Instructions:

- **In circle:** Write your name, age, and 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 is it that is of no help to you? What causes you to be upset?
- **My relationships and interests:** Who and what makes you who you are?
- **My perfect day:** 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 for health and safety?
- **What is important to me:** Write down people, places, interests, activities, things, pets ... anything that helps you live happily and safely.
- **My favorite things, what makes me happy?:** What makes you light up? What are some things that 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:



What does/doesn't work for me:



My relationships and interests:



My perfect day:

Name: _____
Age: _____
Date: _____



How to best support me:



What is important to me:



My favorite things/what makes me happy:



In the next year, I really want to: