

All About Me Profile

What is an “All About Me” Personal Profile?

Your profile outlines who you are and what your needs are, to help those who work and support you understand how to do that in the best way.

It aims to highlight your strengths as well as the areas where more support may be needed, how you might communicate or want to be communicated with, what makes you feel more comfortable and help you to be yourself.

Professionals and others that support you want to make sure they make you feel as comfortable as possible, and this information will help.

How will a Personal Profile help?

By working through each section of the Profile, it allows you to think about what is important to you and what you want other people to know to make sure that you are able to take part in their service, session, activity etc.

You might find it useful to work with a family member or friend to complete the Profile as they can help you to express yourself.

You can adapt the profile over time as your needs change. It is a good idea to review your Personal Profile regularly to keep it up to date. Professionals understand that things change, so it can be completed more than once.

The Personal Profile is something that can grow and change with you.

What does a Personal Profile include?

The Profile helps to share your strengths, likes and dislikes and outlines any social, communication, interaction and sensory needs you may have and things which are important to you.

There are sections where you can explain what it is that other people need to know about you and what helps you.

Try and be as clear as you can – especially if there are sensory things that help or make things more difficult for you.

Sensory needs are not just sight, sound, smells, taste or touch. They can also be Proprioceptive needs (awareness of your body – so liking tight hugs, pressure or vibrations) or Vestibular needs (liking motion – spinning, swinging, movement) or Oral needs (wanting to chew or bite on non-food objects – sleeves, fingers or a pencil).

It may be helpful to have a look at these flashcards to help explain your needs and what might help you to cope.

When or how can I use it?

The Personal Profile is yours to share - you can use it in any way that you want to.

It is helpful to share with someone you might be meeting for the first time - this could include your doctor, other health people, your school, short breaks provider, a club leader or sport coach etc.

Or if you are filling it in for the first time, share it with everyone! Your profile will make sure everyone has the right information about you to make sure they can support you properly and so that you don't have to repeat it!

It can be useful to give family and friends your Personal Profile so that they can gain a better understanding of who you are and how best to support you.

You might find it hard to share how you are feeling and what would help, which is where the use of a Personal Profile may be useful. The Personal Profile will bring together all the things that you may struggle to share with someone.