



# One page profile guidance

This help sheet is designed to help parents, children and young people think about what to include on a one page profile for the Education Health Care Plan/conversion reviews.

## What is a one page profile?

One-page profiles are documents introducing the child/young person by considering what is important to and important for that child/young person.

The document should have a positive focus, providing details of strengths as well as areas where additional support is needed. It should be completed in conjunction with the child/young person and their family.

## Headings to include

- What does a child/young person like and admire?

This section lists the positive qualities, strengths, and talents of the young person.

- What is important to the child/young person?

This is a bullet list of what really matters to the child/young person from their perspective (even if others do not agree). This can include details of:

- Who are the important people in their lives?
- Important activities and interests
- Any routines that are important to the child/young person
- Any important subjects and school activities
- Things to be avoided that are particularly important to the young person.

- **How to support me?**

This section allows for vital information about how the child or young person can be supported, from their point of view and from those who currently support. It should include what is helpful and what is not.

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**For further information please contact:**

Leicestershire SENDIASS: [www.sendiassleicestershire.org.uk](http://www.sendiassleicestershire.org.uk)

Telephone: 0116 305 5614

Email: [info@sendiassleicestershire.org.uk](mailto:info@sendiassleicestershire.org.uk)