

How to Use This Profile: A Gentle Guide

This document is not something that needs to be completed all at once.

It is designed to be filled in slowly, thoughtfully, and at your own pace.

You may find some sections easier to complete than others. You may also find that certain parts bring up difficult thoughts or emotions. That is completely normal.

You do not need to complete every section

Some sections may not apply right now

Some sections may feel too hard to think about yet

You can leave sections blank and return to them later

This document will still be valuable even if it is only partially completed.

Start where it feels easiest

Many families find it helpful to begin with:

- “Who I Am- At a Glance”
- Communication & Understanding
- Daily Life & Routines

These sections often feel grounding and reflective of everyday life.

There is no “right” language

You can write in bullet points or full sentences

You can use informal language

You can write exactly as you would explain things to someone new

This profile values lived experience just as much as professional reports.

You can update this over time

People grow, change, and develop- and so will this profile.

It is recommended to review it:

- At least once a year

- After significant changes
- Before transitions
- You may find it helpful to note when and by whom it was last updated.
- Keep it somewhere safe and accessible

It is recommended to:

- Keep one electronic copy
- Keep one printed copy
- Ensure trusted people know where to find it

Some families choose to store this alongside care plans, EHCP paperwork, or emergency information.

A final reassurance

This document exists to support continuity, dignity, understanding, and safety.

It is not about predicting the future.

It is about ensuring that if others need to step in, they can do so with care, respect, and knowledge of the person as a whole human being.

Take your time.

There is no rush.