

# Continuity of Care & Life Profile

[PHOTO OF PERSON]

[NAME OF PERSON THIS IS ABOUT]  
[DATE LAST UPDATED/BY WHOM]

This is an informative document designed to provide guidance to those who are new to the person named above. This is centred on their identity, communication, needs, strengths and decision-making, should their primary caregivers not be available for any reason.

**If this is an emergency, please read the “in case of emergency” section first.**

Review guidance: This profile should be reviewed at least annually, after significant change, and before transitions.

## Contents

Who I am- At a Glance

Communication & Understanding

Daily Life & Routines

Sensory Needs, Regulation & Distress

Health

Relationships & Attachments

Decision Making & Support

What You Need to Know About Me

Where to Find Further Information

In Case of Emergency Summary

## Who I am- At a Glance

This section describes who this person is, beyond services or diagnoses, conditions or neurotypes (and what this means in daily life):

## Communication & Understanding

Communication may be verbal or non-verbal. Behaviour, movement, gesture, gaze or withdrawal may all be meaningful communication.

How I communicate:

How I show YES / NO / ask for help:

How I show happiness or joy:

How I show distress or discomfort:

What helps me understand information or instructions:

What does NOT help and should be avoided:

## Daily Life & Routines

Typical daily routines, including sleep, eating, personal care and transitions.

What helps routines go well, and what makes them harder?

Are there special occasions and celebrations are important or to be avoided?

## Sensory Needs, Regulation & Distress

Sensory preferences and sensitivities:

Early signs of increasing distress:

Ways to reduce distress and support regulation:

Please DO NOT (non-negotiables to protect wellbeing):

## Health- An Essential Snapshot

Key health needs and how they affect daily life:

Medication summary and allergies:

How pain or illness may be expressed:

## Relationships & Attachments

People who are trusted and safe:

People or situations that cause fear or distress:

Separation or attachment needs:

## Decision Making & Support

This section reflects the person's known wishes, preferences, and lived experience, shared in their best interests.

Areas where decisions can be made independently:

Areas where support is needed:

Values that should guide best-interest decisions and support:

Are there any court orders in place:

## What You Need to Know About Me

This section reflects lived experience from those around the person and should be read with the same weight as any professional documentation.

## Where To Find Further Information

List of key documents that exist alongside this profile [care plans, health letters, emergency plans, legal documents].

Details of where these are stored:

[It is recommended to have both an electronic and paper copy filed]

## In Case of Emergency Summary

Key communication needs:

Important items to this person:

Triggers to avoid:

Health risks:

Who to contact:

