Helping people get better lives, not better paper.

Jenifer Randle
Jenifer.randle@okddc.ok.gov
IMPORTANT **TO**

**AND**

IMPORTANT **FOR**

**AND**

THE BALANCE BETWEEN THEM
Important To
Things in life which help us to be satisfied, content, comforted, fulfilled, and happy.

Important For
Issues of health, safety, and what others see as necessary to help the person.
Important TO or FOR?

- Picture shows a heart.
- Picture shows rubber bands.
- Picture shows a hand putting keys into a door lock.
- Picture reads Music.
- Picture shows a doctor listening to a boy's heart.
- Picture shows a boy in a bubble bath. Hairdryer, shower head, towel, brush, soap are on the floor.
- Picture shows a hand putting keys into a door lock.
- Picture shows rubber bands.
- Picture shows snack foods like potato chips, soda, and candy.
- Picture shows three people running on treadmills.
- Picture shows a girl with medicine.
- Picture shows a pair of glasses.
- Picture shows a cup of coffee.
- Picture shows dollar bills.
- Photo shows a pair of glasses.
- Photo shows a cup of coffee.
- Photo shows dollar bills.
- Photo shows a pair of glasses.
- Photo shows a cup of coffee.
<table>
<thead>
<tr>
<th>Important To</th>
<th>Important For</th>
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Picture shows a heart.

Picture shows a pointing finger.
1-Pagers!
A snapshot of the individual!

Capturing information about a person in an easily accessible and personalized format.

1 pagers must include 3 parts:

• What People Like and Admire
• Important TO/FOR the person
• How to support the person
• Have a **purpose** for your one pager.

• When creating a one page profile, **the person** decides what they want to **share**.
Discovery Tools

6 methods for gathering information

- Relationship Map
- Rituals and Routines
- Good Day/Bad Day
- Two Minute Drill
- Communication Chart
- Reputations
- And more.

You can learn all these tools in a Person Centered Thinking Training! Find out more from Jen!
Having A Conversation

- This is **NOT** an interview or an interrogation.

Linear: ______________________________________________________

Branching: __________________________________________________
Questions that help us learn more of what we need to know

• So tell me more about that...
• What do you like about...
• What is it about this...
• What is happening for you then?
• Are some mornings better than others...
• What do you take in your coffee...
What is important TO the person?

- What are the person’s interests, passions, hobbies, likes?
- What helps them feel content, satisfied, happy?
- Dreams? Goals?

- Put enough detail that someone who doesn’t know the person can understand and act on what is shared.
What's important to me

- My Family: Mom, Grandma, & sister
- I want to learn to read
- Eating what I like
- Some of my favorite foods are chicken nuggets, corn, chocolate milk, milk, cookies, ice cream, gold fish crackers, yogurt, French fries, pizza
- Using my imagination & building things
- Going to the zoo - Birds are so cool!
- Movies... I love watching the sand lot!
- Figuring out how things work
- Trains - need to know what type of engine a train has? I’m your man!
- Helping others
Like & Admire

• What do you like and admire about person?  Strengths? Gifts? Talents?

• Reputations can last. Make these count.  How do you want your child thought of? How would they want to be introduced?

• Who can you ask?
GREAT THINGS ABOUT ME

- Excited to learn
- Creative
- The DaVinci of 1st Graders
- Fun
- Charismatic
- Inquisitive
- Handsome
- Vivacious
- Helpful
How to support the person.

• What’s helpful? What’s not?

• Does the person have things others should avoid (“buttons”)?

• Put enough detail that someone who doesn’t know the person can understand and act on what is shared.
What you need to know about me

- I need to know what the rules are.
- I can be shy. Encourage me to use my voice.
- Let me be helpful.
- I can get upset when others tease me.
- I learn best when I can be active.
- I like to eat certain things - please be supportive of what I like.
- Sometimes I need to be alone. Please help find a quiet place to think.
- I get frustrated when school work is hard. Let me take a small break to calm down.
Helps us learn critical information about a person and how best to support them.

Top Tips to supporting someone.

How can we best support the person?
1-Pagers will look different, just remember to have the 3 parts:

• What People Like and Admire
• Important TO/FOR the person
• How to support the person
We know that you are going to do everything you can to care for Eliot and keep him comfortable. Here are a few ways to care for our amazing little guy.

Great things about Eliot:
- Smart, funny, and curious
- Active and determined
- Good reader
- Affectionate and loving

Important to Eliot at the hospital:
- iPad and Pixar movies
- Pain relief
- Avoiding oral medication
- Pureed food with crackers
- Peanut butter and M&Ms
- Blanket from home and music toy
- As few scary machine noises as possible
- Talking to him
- Helping him communicate with signs, gestures, and iPad

Eliot Lemon’s hospital visit

- Talk to Eliot; he is non-verbal, but he understands what you are saying
- Avoid oral medications: suppositories and injections work better for Eliot
- Take off monitors when not necessary
- Do not present solid food except crackers or cookies
I am excited about a new school year! I do have a hard time with change and can get upset at the beginning of the year. Please don’t hold the first few weeks of school against me, I know once I settle in, understand my routine and get to know you we will have a great year!

Jackson Donley
a little about me

I like:
- Animals (elephants, giraffes, monkeys, zebras, lions)
- Balls, especially ones that are large I can sit or roll on
- Marble Runs, I like to help you build them then do the marbles myself
- Mickey Mouse Clubhouse & Backyardigans
- Puzzles
- Bubbles
- Swings!

I dislike:
- being held tight
- anything touching my ears
- other kids crying

You can tell I am upset if I keep repeating “that’s ok” or “it’s ok”. I will also hold my saliva in my mouth and forget to swallow if I am very upset.

You can calm me down by giving me a break in a quiet place. The less you talk to me the the faster I will calm down, tell me simply what’s going on and that it’s ok.

School Age
Beckett

What people like about me...
Personable, friendly, funny, silly, caring, stinkin adorable, tries really hard, helpful, good-dancer, nice, cuddly, thoughtful, compassionate

Important to Me
My family and grandparents
Laugh and have fun
Vacations and activities
Be treated respectfully
Understanding from others
To make friends
Having fun while learning
Not be embarrassed
Do things on my own
Help you and others
Be able to express myself
Reading and painting
Getting enough time on things
Being on a schedule

How Best to Support Me at School
Be patient; SLOW DOWN
Have someone help me with activities, maybe even show me by doing it first
Encourage me to communicate
I like to help people, let me help you
I thrive on praise and attention
Give me a break if I get overwhelmed or very upset
Help me to know what to expect and what is expected of me
Make learning fun and exciting
Make sure I participate
Allow me to show you what I know
Encourage me to go to the potty and help me to learn to go by myself
Keep high expectations of me
Make sure I am not picked on

School Age
Jack's One Page Introduction

What do people like and admire about me?
- My sense of humor; my intelligence; my relationship with my family
- My amazing vocabulary; my passion for good morality and avid debate
- My sense of loyalty; mental agility, stability and ability to keep a confidence

What is important to me?
- My family and fairness
- Social justice and respect for differences and individuality
- Friendships; being accepted for me
- Rational debate that supports good morality; no judgments
- Being able to express myself; my style and receive the same respect that is expected from me.
- New social settings are stressful, and I prefer to ease in; not to be forced to jump in.
- Integrity is important to me. I will call out hypocrisy when I see it
- If you want me to respect authority then lead with integrity; and by example
- To have the autonomy to deal with my frustrations or anger in private; and not be humiliated for what I cannot control.

How to best support me
- Make sure I have had my morning coffee to help me jump start; be alert and engaged.
- Do not give vague answers to my questions, or use sarcasm as a response to my behavior.
- Allow me to move around or sit in different places to keep me from getting bored.
- Allow me a “flash pass” to effectively deal with my anxieties when they arise and trust me not to abuse it. Or a time out and go see Mr. Horn or Mr. Martindale
- Don’t assume; Ask! I am not manipulative; I am just trying to survive what is difficult for me; yet simple for others.
- Provide alternative methods to teach hands on
- Knowing I have options helps me relax
- Engage in a debate with me; rather than seeing it as “challenging” your authority.
- Be secure in your knowledge and yourself
- Make learning dynamic and fun. Not rhetoric and boring
- Have a sense of humor. Don’t make teaching a control issue or a power play.
- Show the same respect to students; that you as a teacher would want. Just because we are kids; doesn’t make our needs, thought or feelings less valid.
- Don’t ask “why did you do that, instead say, I didn’t like the way you slammed the books on your desk, next time please set them down quietly”
- Have faith in me. Treat me as the capable, intelligent young man that I am becoming; rather than a stereotypical 13 yr old teenager you might be seeing at the moment.
- I have a brain; challenge me to use it; don’t dare me.
School Age

Great Things about Ben:
- Big happy smile and laugh
- Loving brother, son, cousin and friend
- Funny and charming
- Full of joy
- Good speller and reader
- Good at iPads and computers

Important to Ben:
- Spending time with family and friends (and best friend John)
- Riding the school bus
- Watching elevators (will only ride them in a wheelchair)
- iPads and computers
- Reference books, such as dictionaries
- Film and TV end credits
- Going out for gluten free pizza
- Going to the zoo
- Going to the dinosaur museum
- Sesame Street
- They Might Be Giants
- Music he likes
- Tickling, high fives, and praise

Important for Ben:
- School work that builds on his love of letters, words, and technology
- Interaction with other kids in the day
- Predictable sounds and noises
- Space when faced with unwanted noises, sights and smells
- Personal space
- Gluten and Casein Free diet
- Bathroom support
- Exercise inside and outside
- Feeling he is welcome and liked

Best Ways to Support Ben:
- Give Ben tickles, high fives, and praise
- Give Ben work on iPads and computers whenever possible
- Enlarge handouts, especially math work
- Avoid unexpected singing (especially the Happy Birthday song)
- Warn Ben before loud noises or DVD menus start
- Help Ben with self-grooming, especially in the bathroom
- Avoid sitting on Ben's right when he is agitated
- Give Ben plenty of space in vehicles
- Allow Ben to retreat and rest as needed
- Take daily walks outside
- Support connections to other kids
Resume
Joey Malette
Address here
Phone number here

Future goals
Study law to become a Crown Attorney
Find a way to bring justice and peace to the world
Help people who experience poverty, abuse, sickness

Accomplishments
Honour student at Franco-cité, grade 10
Placed 2nd in the 2011 Richelieu spelling contest (French)

Paid employment and volunteer experiences
2011 West Nipissing Pageant – set up and sound board technician
Community Christmas luncheon (December 25, 2010) – doing dishes
Christmas Telethon (December 2010) – technician support and singing
Remembrance Day Social Tea at Legion (November 2010) – doing dishes and serving
food/drinks
Technician team at school (sound board)

What people like and admire about me
independent    kind, warm-hearted    good in math
creative      loyal, honest      good with handling money
good at adapting to changes    bilingual     generous
calm, easy going    friendly, accepting of others  can stand my own ground (not
     influenced by others)
great with technology    helpful

My interests and what is important to me
My family and friends
Playing guitar and the piano
Composing music
Reading
Writing novels and poetry
Bowling, badminton, volleyball
Would like to try golfing and playing tennis
Lending an ear when friends are in need
Making my own decisions

References
Add names, role and phone number here
**What's important to Jen?**

- My family & friends
- Work! I enjoy what I do and who I work with!
- Teaching and Learning
- Writing...specifically sci-fi: Star Trek!
- Being optimistic and happy/upbeat
- Being helpful, make a difference -
- Volunteering, Junior League of OKC!
- Having fun
- Time to think through decisions
- Having time to walk/take a breath
- Music - What type? I'm pretty eclectic and will try anything...once.

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**How can someone support me after surgery?**

- I don't like to complain. Because of this, I may not gauge when I need to take relax and/or take pain medicine. Assure me it's 'okay' to hurt and okay to take medicine.
- I like to make jokes...especially when I'm anxious/scared. Hopefully I'm funny.
- I would rather NOT take anything containing Tylenol.
- Remind me to write directions, things to do, down...or write it down for me.
- I can get cold, especially my right hand. I have gloves I may wear. I may ask for another blanket.
- I am an active person - used to being able to move around. Being down for so long worries me. Remind me this won't be forever. Things I like to do to relax: reading, writing, drawing, watching movies, working, etc.
- My laptop is an important resource, along with internet service. This allows me to communicate with others, work, write, watch movies, etc.
- I like to work. Please let me, but remind me I need to rest.
- Be patient with me. If I say that I don't need help, it's because I am not used to being down and depending on others for so much. Keep asking me. I'll get there.
- Thank you for supporting me!
Jenifer “Jen” Randle

What others like & admire about me!
Passionate
Caring
Tech-Savvy
Fun
Creative
Inquisitive

What’s important to Jen at work?
• Work!
• Teaching
• Learning
• Having fun
• Being available to family
• Being helpful, making a difference
• Being optimistic and happy/upbeat
• Having coke, diet coke, & water
• Thinking through tasks
• Having time to walk/take a breath
• Music - What type? I’m pretty eclectic.
• Volunteering
• Jr League
• Writing
• Being respected & valued

How can someone support me at work?
• I believe I have the coolest job ever. I love what we do.
• I want to collaborate and support my colleagues. Help me know how to help vs. bugging.
• Email works best for me for communicating messages. I will text, but it’s not my preference. I also use Google talk or Facebook messenger.
• Allow me time to process spur of the moment question. I do better with having time to think out a question.
• I can be hard on myself. If things aren’t working out, I may become frustrated. You can remind me things will work out & give constructive criticisms, but also know I may just need time by myself.
• I can get excited about projects and my thoughts run “a mile a minute.” If you’re not following, just ask me to slow down or repeat. I can get passionate too. I’ll chillax if I need.
• I may get loud as my enthusiasm grows. Just remind me nicely to be quiet (Shhh!).
• I’m used to staying in the background, doing what I need to do. Public praise is difficult.
• I do like praise/acknowledgment and am getting better at accepting public recognition, but I still don’t like it as I feel we all work hard for the same goal.
• I may shut my door if I’m cold, listening to music, or just want to be alone to process through something. This doesn’t mean you can’t come in.
• New situations may cause me anxiety. Give me time.
• I work at Sylvan Learning Center because I enjoy teaching. I leave early to do this. If I’m holding you up, email me and remind me of what you need.
• Able to take calls from family or friends.
A new approach to person-centered thinking
Create and share simple and smart one-page profiles for free.

You can even make one online!
Questions? Comments?

• What did you learn today?

• What did you like the most?