



My LifeCourse Portfolio/EMERGENCY

Some information to include on a One Page Profile

Full Name & nickname _____

's ONE-PAGE PROFILE

What people need to know about me

- Diagnosis
- Caregiver's names and contact info
- How I communicate
- Language I speak
- Guardianship/POA/Supported Decision making/Act 169 Healthcare Representatives
- Religion
- Who needs to assist me to communicate and understand my diagnosis, treatment, and choices
- Allergies
- Medications/Dosage

What's Important to ME

- Hobbies
- Personal items of importance
- How I spend my time
- How to keep me calm, distracted, happy
- Things I like
- Things I don't like
- What makes me anxious, scared, unhappy
- Who is important to me
- Special routines
- Special people

How to Best Support ME

- Support needs
- Medical Interventions (ie. how to take my blood, give injections, BP, etc)
- Risk of choking (eating, drinking, swallowing)
- What do do if I'm anxious
- How to communicate with me
- How I take medication (ie. crushed, liquid, injection)
- How I show pain
- Mobility needs
- Personal care needs
- Seeing/hearing needs
- How I eat (ie. cut up, pureed, etc)
- How I drink (ie. thickened fluids, straw, etc)
- How to keep me safe (behavioral needs)
- Toileting needs
- Sleep pattern/routine