

Name: _____ Pronouns: _____

Preferred communication method: _____

My interests:

My strengths:

Short term goals:

Long term goals:

Things I struggle with:

What helps when I'm feeling distressed:

My boundaries:

What I'd like you to know:

Name: Preferred name here

Pronouns: Preferred pronouns here

Preferred

communication method: Example: Verbal, AAC, communication cards, Auslan, written

My interests:

These are things I enjoy doing

Example:

- I love making art
- I love musical theatre
- I enjoy spending time with my dog
- I like going on walks

My strengths:

These are things I am good at or values I live by

Example:

- I am kind and always wanting to help others
- I am great at coming up with creative solutions to problems
- I am always looking to better myself

Short term goals:

These are little things I'd like to work towards in the short term

Example:

- I'd like to start a new hobby
- I'd like to learn how to bake a cake
- I'd like to increase how much I move my body

Long term goals:

These are big things I'd like to work towards in the long term

Example:

- I'd like to work on getting back into study at university
- I'd like to work on independent living skills so I can move out of home

Things I struggle with:

These may include triggers, mobility issues, things I tend to avoid etc.

Example:

- I struggle with big loud noises and may hide when I hear one
- I need to use an elevator instead of stairs
- I get overstimulated in crowded places

What helps when I'm feeling distressed:

These are coping strategies that have helped in the past

Example:

- Finding a quiet space to calm down
- Using fidget toys help
- Doing box breathing
- Making art and other distracting activities

My boundaries:

These are things not to do or say to me/ things providers have done in the past to avoid

Example:

- Do not touch me without asking for consent first
- Do not speak for me. instead allow me a chance to speak. I'll ask for support if needed
- Assume competence. I will let you know if I need support

What I'd like you to know:

Anything I'd like you to know about who I am and the experiences I've had

Example:

- I've had some really tough experiences with past providers. Please be patient and calm with me
- I tend to put on a mask and pretend I'm doing ok when I'm not. This is exhausting
- I'm pretty quiet at first but once you get to know me, I can be very outgoing!