

## Building a Support Profile

### What is a Support Profile?

A support profile is a snapshot of a person's likes, dislikes, strengths, support needs, and other important information about them. It can help new people get to know the person in an easy-to-understand, at a glance format.

Support profiles can be used for a variety of purposes but are typically used with new people or in new settings and provided prior to a start date. The best template for a support profile is the one that best reflects the personality of the person it's about. This could be anything from a professional resume-style template, to a Dungeons & Dragons character sheet, to anything themed around the person's interests.

#### When to use a support profile?

- ◆ camp
- ◆ school
- ◆ employment
- ◆ day program
- ◆ new respite worker
- ◆ volunteer opportunity
- ◆ extracurricular program
- ◆ any new activity, environment or person

#### Why use a support profile?

- ◆ Helps with relationship building by providing information about likes and interests
- ◆ Allows staff to create support materials and prepare before a start date
- ◆ Creates the opportunity for environmental or program accommodations to be made
- ◆ Teaches advocacy skills for the person the support profile is about

#### What to include:

- ◆ the basics: name, age, diagnosis and a photo
- ◆ safety and medical information
- ◆ likes, favourites, and motivators
- ◆ personal care and support needs
- ◆ signs of anxiety, frustration, or dysregulation
- ◆ coping skills and calming tools
- ◆ effective support strategies
- ◆ familiar language and phrases
- ◆ commonly used scripts and their context
- ◆ important people and places
- ◆ relevant goals

#### Considerations:

- ◆ Include the person in the development of the support profile as much as possible
- ◆ Ask them who they would like to share it with and who they are comfortable sharing it with
- ◆ Try to keep it to a single page and focus on the most important information
- ◆ Ensure the support profile is provided beforehand whenever possible
- ◆ Be practical, realistic, and honest
- ◆ Find creative ways to include the personality and interests of the person in the design





# Jane Smith

## Things I'm good at:

- counting and numbers
- singing
- drawing
- playing piano

## My sensory needs:

- I get distracted in loud spaces and often need a quiet place to take a break
- I have a fidget kit in my bag that helps me relax.
- Big body movement helps me regulate
- I don't like unexpected touch

## Things I love:

dragons  
my cat milo  
skittles  
race cars

I am 5 years old

I am autistic

I sometimes run away

## Things I might need help with:

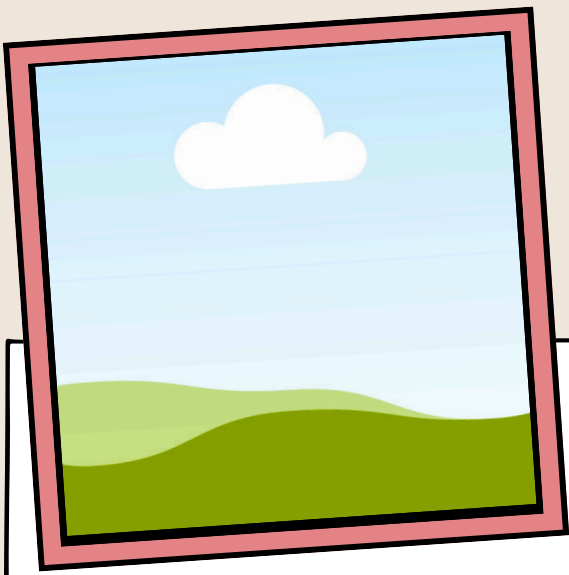
- remembering to use the bathroom
- meeting other kids
- hearing instructions in busy places
- using a quiet voice
- keeping track of my belongings

## Some things that can help me:

- ask to hold my hand when we go places
- ask me to be the leader of the group
- remind me when my voice is getting loud by saying "tiny voice"
- give me choice
- give me time to process instructions

## I am motivated by:

- being silly and funny
- singing
- high fives
- being a helper



**Things I'm good at:**

**Things I might need help with:**

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**My sensory needs:**

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**Some things that can help me:**

**Things I love:**

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**I am motivated by:**

# ALL ABOUT ME

Alex Wagner

AM

11

## I STRUGGLE WITH:

Transitions  
Sharing my things  
Losing a game  
Busy places  
Impulse control  
Communicating when I'm anxious



## MEDICAL

Autism  
Diabetic

## FAVOURITE THINGS

Animals  
Popcorn  
Marvel  
Counting  
Cheetahs  
Books

## SUPPORT TIPS

Following my "calm down" visual  
Reminders about what is next  
Being the leader or helper  
Using a written schedule  
Having a "go to" adult  
A quiet space to go  
Music and joking

## SIGNS I MIGHT BE ANXIOUS

Not wanting to eat  
A sigh or huff  
Walking away  
Asking a lot of questions  
Fidgeting

# ALL ABOUT ME

I AM


## Strengths

- reading
- playing music
- learning new routines
- telling jokes

## Support Needs

- changes in routine
- accepting “no”
- turning off television and videogames

## Likes

- anime
- Roblox
- piano
- coding
- my pets
- pizza



Jane Smith

## Dislikes

- going outside
- being touched
- Fortnite
- hair brushing
- large dogs

## Key Phrases

- “I need to take space”
- “It feels like too much”
- “in the name of the Moon, I'll punish you!”
  - Sailor Moon quote
  - used when frustrated

## Sensory Profile

- wears sunglasses or a hooded shirt to cover eyes
- scared by loud and unexpected noises
- needs frequent movement (e.g., jumping, spinning, walking)

**Strengths**

**Support Needs**

**Likes**



Jane Smith

**Dislikes**

**Key Phrases**

**Sensory Profile**

# John “Johnny” Smith

## I like

Dungeons  
&  
Dragons

countries  
and  
capitals

politics

## I don't like

The word  
“plant”

hot  
weather

tight  
clothing

reading



## I am working on

cooking skills

making new friends

waiting my turn

## When I am upset I might

- yell
- huff
- shout ‘no’
- leave the room
- throw something
- hit the wall

## I am good at

- communicating what I need
- story telling
- helping my peers
- soccer
- asking for help
- playing chess

## Support tips

- remind me to use the calendar and reminders in my phone
- let me play phone games or listen to music when I have to wait
- set clear expectations and write them down

## To calm down I can

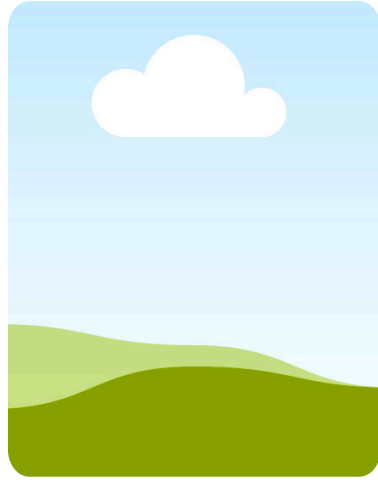
- take space
- take deep breaths
- use the POWER-solving model
- ask for help to find a solution

## I need help with

- keeping track of my belongings
- putting on my shoes
- being reminded to use the toilet
- taking my medication

**I like**

**I don't like**



**I am working on**

**When I am upset I might**

**I am good at**

**Support tips**

**To calm down I can**

**I need help with**

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# Marcy McKennie

*I will be attending your certificate program and there are a few things I would like you to know about me, to help me be successful.*



## About Me:

- I am Autistic.
- I am an artist and love to draw.
- I have my parents and siblings supporting me.
- I recently visited Japan.
- I play and coach soccer on the weekends.

## Helpful Accommodations

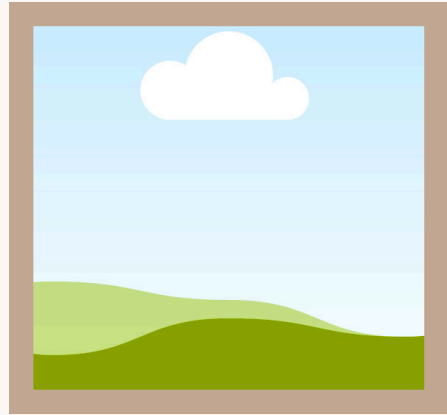
- Assignment instructions in written form
- Additional time for tests and in class work
- Information restated when needed
- Auditory information paired with written text or visuals
- An outline for the class

## My Goals:

- Successfully complete the 1 year certificate program
- Improve my ability to communicate with others
- Find a part-time job in childcare following graduation

## Sensory Considerations

- Frequent breaks
  - Space for movement breaks
  - Dimmed lights
  - Sit at the front of the class
  - Wear noise cancelling headphones during non-teaching time
  - Prefer a fragrance-free environment
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**About Me**

**My Goals**

**Helpful Accommodations**

**Sensory Considerations**

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