

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:

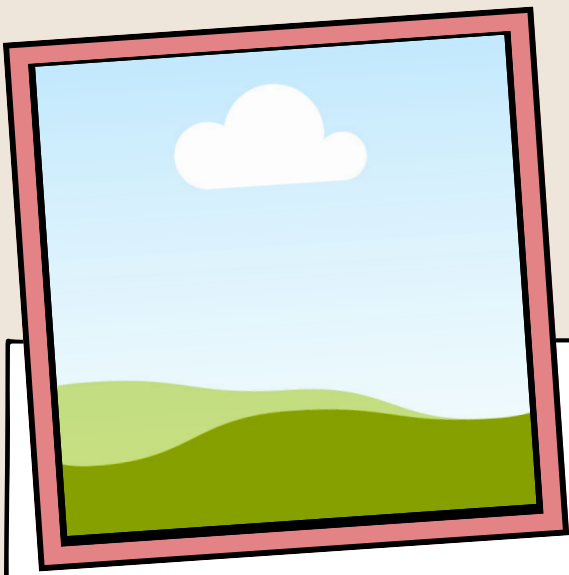
- remembering to use the bathroom
- meeting other kids
- hearing instructions in busy places
- using a quiet voice
- keeping track of my belongings

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:

A large empty rectangular box with a red border.

Things I might need help with:

My sensory needs:

Some things that can help me:

Things I love:

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

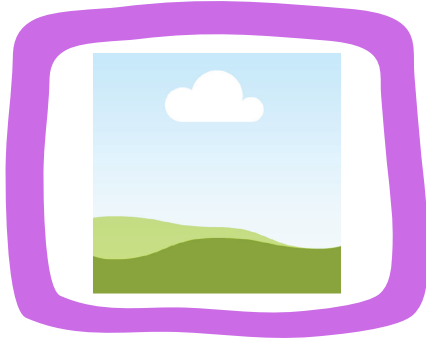
Following my "calm down" visual
Reminders about what is next
Being the leader or helper
Using a written schedule
Having a "go to" adult
A quiet space to go
Music and joking

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

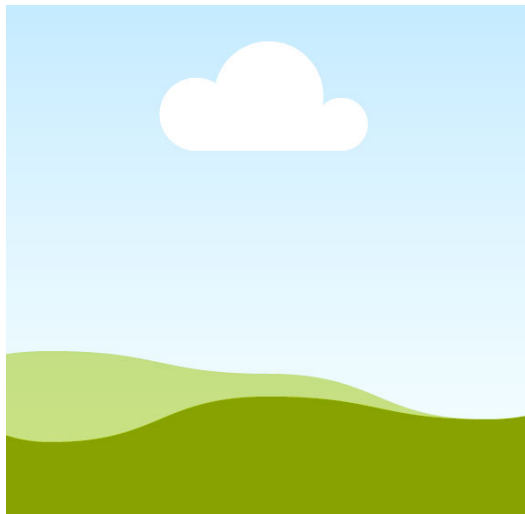
Sensory Profile

- 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

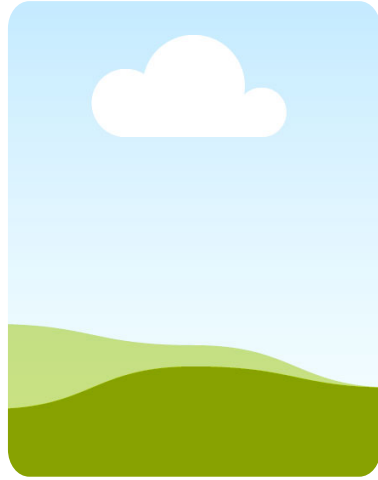
- take space
- take deep breaths
- use the POWER-solving model
- ask for help to find a solution

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

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

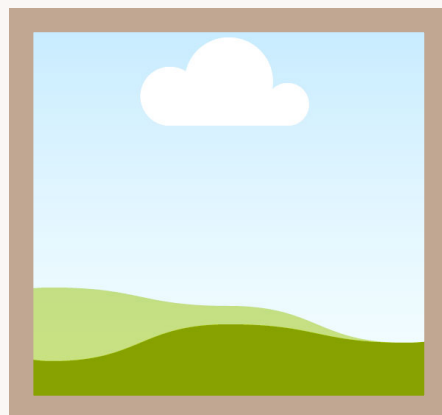
- Assignment instructions in written form
- Additional time for tests and in class work
- Information restated when needed
- Auditory information paired with written text or visuals
- An outline for the class

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
