

ONE PAGE PROFILE

Create your own one page profile to introduce yourself to an older person living in a care home! One page profiles are a great way to get to know each other better and find common interests.

Equipment needed

- A4 paper or card – either print our template one page profile, or copy the template and make your own version
- Pencils and pens
- Any other materials you'd like to use to decorate your profile

Method

1. Take a look at the template one page profile. (You can copy this template to make your own if you'd like). Draw a picture of yourself in the empty box top left, so that the older person knows what you look like. Be creative with materials! If you have a photograph of yourself, you could attach this instead.
2. Next think about your answers to all the questions. What would you like the older person to know about you? If you're not sure what to write for a section, you could always ask a sibling or an adult for some answers, for example what they think your best qualities are.
3. Finally, feel free to decorate your one page profile! You could use colour pens, or stickers, or any craft materials you have.
4. Once you have finished, take your one page profile to the care home! Alternatively you could post it.

Name: Jennifer Rose
Name you'd like to be known by: Jen

Does your name mean anything special? Were you named after someone or something? My name comes from the French name Genevieve which means white ghost

Age: 8 What's your favourite colour? Green

Do you have any siblings? If yes, what are their names and ages? I have 1 brother called Jack

Do you have any pets? What are their names? If you don't have a pet, what is your favourite animal? I have a ginger cat called Ronaldo. My favourite animal is an elephant because they have kind eyes

Tell us a little about your hobbies and interests...
I like singing and dancing with my friends and also on my own. Sometimes I make up my own songs. My grandma lives with us and she enjoys listening to them!
I also like swimming. I usually go swimming every Saturday with my brother and my mum.
I like spending time with my cat Ronaldo. He makes me laugh because he's always in a bad mood!

What skills, talents or things of interest can you share with someone else?
I can teach someone to floss!

From what people tell you, what are your best qualities?
My mum says I'm kind and that my smile always makes people happy!