

# Grand H.E.L.P.

## Health, Education, Legal, and Parenting Information for Grandparents Raising Grandchildren



**Colorado State University**  
GRANDPARENTS RAISING GRANDCHILDREN

**Colorado State University**  
**Extension**

COLLEGE OF HEALTH AND HUMAN SCIENCES  
*Department of Human Development and Family Studies*

### The One Page Profile

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One-page profiles are coming into vogue. More importantly, one-page profiles are useful tools when supporting an adult or child in his/her education, community, and therapeutic environments. Do you ever find yourself or your grandchild saying, "I wish people just understood me, my interests, or that the way they are supporting me is not helping?" If so, the one-page profile is a tool that you may want to consider using.

The foundation of a one-page profile is the concept of Person Centered Planning and the belief that your grandchild is not just a label of student, neighbor, or client. Your grandchild is an individual, dynamic person first and foremost. Your grandchild has **interests** that motivate him/her. Your grandchild has personal qualities that people **admire**. He/she has unique **needs**. When this information is all captured on a single page you have a one page profile! How he/she is **supported** can result in either a negative or positive experience.

**Why the one-page profile?** The one-page profile is your voice! In one page you are able to inform people in your grandchild's life about what is important to him/her and how he/she wants to be supported. Keeping all of the information about your grandchild

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### Upcoming Topics on the Grandparents Raising Grandchildren Website

#### March

"Emotionally Focused Parenting Tips  
from Popular Books"

#### April

"Developing Responsibility Without  
Whining"

#### May

"Talking to Your Grandchild About Sex"

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Do not miss next month's issue of **GrandH.E.L.P.**  
discussing tips related to health and well-being.

*"It is a person-centered thinking tool that provides a way to capture who each pupil is and how best to support them."*

*-Personalising Education Website*



to one page allows others to have a concise reference guide with important information about your grandchild. Sharing this at an Individualized Education Plan (IEP) meeting will help teachers or other professionals get to know your grandchild better. Developing this with your friends and family can help them learn what is important to your grandchild and how to support you and your family.

**How do I start a one-page profile for my grandchild?** There are many different tools to help you create a one page profile. The most common themes to capture when developing a one-page profile are:

- What do people like and admire about your grandchild?
- What is important to your grandchild (interests, relationships)?
- What is important for your grandchild? How to support him/her? These can be combined into one segment or separated into two.
- Be sure to include a picture of your grandchild!

Many tools and samples can be found with a simple internet search about Person Centered Planning and one-page profiles. Know thyself, through a one-page profile, and share it!

Grand H.E.L.P. is a supplementary newsletter to the Grandparents Raising Grandchildren Website.

Each issue features articles on important topics for grandparents:

- Summer: Health
- Fall: Education
- Winter: Legal
- Spring: Parenting

**Call (970) 491-6281 to find a Colorado State University Extension office near you!**

For more information about One-Page Profiles, please visit:

Personalising Education's Website:

<http://www.personalisingeducation.org/one-page-profiles/>

This website includes rationale for the one-page profile as well as colorful templates for creating a profile for your grandchild!

**Mary Smith**

**What people like and admire about me...**

- I am happy and have a big smile
- I love to play soccer
- I am a great reader and my favorite books are Nancy Drew books
- My favorite singer is Taylor Swift
- I love being a helper
- I put in a lot of effort even when the job is really hard for me

**What makes me happy**

- iPad and computer games
- Learning a new dance
- Jumping rope
- Making crafts with no rules
- Playing "Hide and Seek"
- Watching TV shows about dancers and singers

**How I want to be supported...**

- Being given choices (that are also acceptable to adults)
- For people to be patient with me- I need to know that my effort is appreciated or I might not want to try
- For adults to keep their promises and follow through with plans
- To take breaks if I get too hyper and am not focusing