

Creating one's personal profile.....

Please understand, accept & appreciate who I am because I am worth it.

2. Social identities that are important to the person and their family.

Themes to look for include:

Trade or work identities: being a teacher, a lawyer, a repair person, a restaurant worker, a nurse, a construction worker, a beautician.

Ethnic and religious identities: African American, Asian, Hispanic, Irish, Jewish, Native American

Interest identities: sports, music, sewing, singing, politics, bird watching, collecting, motorcycles, animals, beauty.

Appearance Identities: types of uniforms, badges, name tags, formality or informality of dress, grooming standards.

1. Skills, Potential Skills, Interests

Using Hands: assembling, using tools, fixing, repairing, building.

Using one's body: being physically active, outdoor activity.

Using helpfulness: being of service, showing sensitivity to others, drawing out people.

Using artistic abilities: singing, fashioning, shaping things, dealing with colors, conveying feelings through body, face, or voice.

Using analytical thinking: organizing, classifying, putting things in order, comparing, evaluating, reviewing.

Using leadership: selling, promoting, persuading, leading, directing, beginning new tasks.

Using follow through: using what others have developed, attending to details, recording, filing, classifying.

3. Environments and settings that seem to resonate with the person.

Conditions to look for include:

Noise and commotion levels: quiet places, busy places.

Ethnic places: places where people speak the same language, share similar beliefs, celebrate similar rituals.

Familiar places: places with in walking distance, places where people know you.

Standards of efficiency and perfection: uptight, real loose, busy, laid back, repetition or variety of tasks.

4. Personal habits that will shape community participation.

Characteristics to consider include:

Activity levels: morning people, night people, high energy, sedentary.

Health issues: medications, stamina, side effects.

Disability issues: sensory and physical impairments and adaptations.

Structure preferences: high or low structure, fixed or flexible routines.

"I wish they would only take me as I am."

Vincent Van Gogh



5. Personal qualities to appreciate and enhance.

Qualities to recognize include:

Essence: observant, calm, funny, loving, caring, energizing, kind, "brings out the best in others," gentling, provocative, smart, sensitive, effusive, tolerant.

Ancient self: wise, spiritual, challenging, activist, seeker, rebel, warrior, peacemaker, protector, teacher, preacher.

