



Creating A Personal Profile

Everybody is different and has different strengths and difficulties - they have different interests and enjoy different activities. They also have different support strategies and something that one person finds calming may be distressing to another. It is therefore important to create a profile that is specific to that person.

Using a profile can help to avert difficulties, prevent misconceptions and ensure there is consistency in your child's care. You can create a child profile for free here:

NeurodivergenceWales.org/en/parents-carers/child-personal-profile

Once you have created the child's profile, it can then be shared with anyone who supports your child, from medical staff to swimming instructors, so that they are aware of how best to interact with and support them.

A child profile should include:

- Your child's name
- Emergency contact details
- Details of your child specific difficulties, and how to support them (such as 'I find it difficult to understand complex language, please use simple phrases')
- Details of activities your child enjoys
- Details of things that make your child distressed
- Details of ways to calm your child if distressed

If a child will be carrying the profile on their person, or sharing in many situations you might want to consider whether it is safe to include a photograph of your child or not, as it may present a risk if the profile is misplaced.

An adult profile template, which may be more suitable for older adolescents, is also available here:

NeurodivergenceWales.org/en/i-am-neurodivergent/resources-for-you/adult-personal-profile/.