

Creating a Personal One-Pager

Helping Others See Your Child's Strengths Before Their Challenges



Workshop Objectives



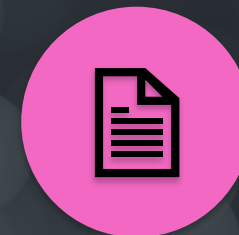
UNDERSTANDING
WHY ONE-PAGERS
MATTER



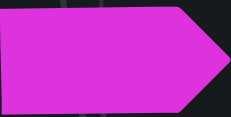
LEARN KEY
SECTIONS



START BUILDING
YOUR CHILD'S ON-
PAGER



LEAVE WITH A
TEMPLATE



Why a One- Pager?

- Introduces the child before the diagnosis
- Creates consistency across caregivers
- Supports advocacy
- Builds confidence



Sebastian

AGE 16 • 11TH GRADE

"I have ACC (Agenesis of the Corpus Collosum) diagnosed 34 weeks in utero. I am missing the 'power grid' to my brain and 1/2000 born have a disability of Corpus Collosum. I operate on a generator 24/7 and information that comes at me often exhausts me and takes me longer to process, store, remember and retrieve. I need downtime to recharge

and am working constantly on partnering with a 'missing part' of my brain the way someone without a limb compensates in life. What I'm missing though is invisible and can often be misinterpreted and misunderstood because you cannot see what's missing. My brain operates on back roads while others are on freeways. Life can be exhausting for me and I never give up. I know I'm finding my way and have a lot of skills, strengths and support in place to help me. I like feeling independent and am capable of helping a lot of people. I know I will arrive on my own time!

HERE ARE SOME INSIGHTS INTO ME:

STRENGTHS:

- KIND
- COMPASSIONATE
- PATIENT
- CURIOUS AROUND HOW THINGS WORK
- COLLABORATIVE PROBLEM SOLVER
- TEAM PLAYER
- FUN SENSE OF HUMOR
- HIGHLY VISUAL/ KINESTHETIC LEARNER
- MECHANICALLY INCLINED
- EXPERIENCED BOY SCOUT/ OUTDOORSMAN
- TEACHING/CONNECTING WITH YOUNGER KIDS

✓ WHAT WORKS FOR ME:

- SCHEDULES
- PATIENCE
- REPETITION AND ASKING ME TO REPEAT BACK WHAT I HEARD
- TEMPERATURE CHECKS - FREQUENT BREAKS
- PRAISE AND ENCOURAGEMENT
- INCLUSION
- POSITIVE REINFORCEMENT
- PICTURES OVER WORDS- BULLET POINTED AND BRIEF
- CLEAR EXPECTATIONS OF WHAT'S EXPECTED

✗ WHAT DOESN'T WORK:

- TALKING OVER ME
- DISMISSING ME
- RAPID FIRE INSTRUCTIONS WITH MULTIPLE STEPS
- SUDDEN CHANGE IN ROUTINE
- BEING RUSHED
- ASKING ME TO READ UNEXPECTEDLY
- PROLONGED LESSONS - I FATIGUE EASILY
- YELLING
- ASSUMING I 'GET IT'

WHAT I'M WORKING ON:

- ADVOCATING FOR MYSELF WHEN I'M BURNED OUT
- READING
- MAINTAINING EYE CONTACT AND EXPANDING ON MY THOUGHTS
- EXPRESSING WHEN I'M UPSET OR DON'T KNOW SOMETHING INSTEAD OF 'I DON'T KNOW'
- SELF CONFIDENCE TO TRY NEW SKILLS
- ACCEPTING MY GAPABILITIES AND/OR INABILITY
- MINIMIZING NEGATIVE SELF TALK
- READING THE ROOM

WHAT I LOVE:

- GAMING
- BOY SCOUTS
- FISHING
- CAMPING,
- BUILDING
- FRIENDS, FAMILY, DOGS

Example One-Pager

- Walk through Sebastian's one-pager
- Discuss introduction, strengths, supports, challenges, goals, interests



Sebastian

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The Seven Core Sections

- 1. Picture
- 2. Who I Am
- 3. Strengths
- 4. What Works
- 5. What Doesn't Work
- 6. What I'm Working On
- 7. What I Love



CHAD

A Dependable, Kind, and
Hardworking Team Member



UNDERSTANDING ME

I have Agenesis of the Corpus Callosum (ACC), a rare brain condition that affects how information travels between the two sides of my brain.

Think of the brain like a highway system. Most people have a superhighway connecting both sides of their brain. My superhighway is missing, so I have to create alternate routes to process information, learn new skills, and solve problems.



I may need extra time to process information



I may respond more slowly than others



Learning new tasks can take longer



My disability is invisible, so people may not realize the extra effort I put into everyday tasks



I can become mentally tired from working harder



Even though some things take me longer, I am hardworking, dependable, and always willing to learn. I never give up and take pride in doing my best.

HERE ARE SOME THINGS TO KNOW ABOUT ME

★ STRENGTHS

- Good Sense of Humor
- Team Player
- Gets Tasks Done
- Compassionate
- Generous
- Kind
- Patient
- Visual Learner
- Strong Sports Knowledge
- Dependable

✓ WHAT HELPS ME SUCCEED

- Patience
- Clear Expectations
- Step-by-Step Instructions
- Repetition
- Positive Reinforcement
- Praise & Encouragement
- Consistent Schedules
- Time to Process Information

✗ WHAT DOESN'T WORK

- Yelling
- Sudden Changes in Routine
- Being Rushed
- Multiple Instructions at Once
- Assuming I Understand Without Checking
- Dismissing Me
- Overwhelming Situations

WHAT I'M WORKING ON

- Communication Skills
- Building Relationships
- Self-Advocacy
- Maintaining Eye Contact
- Self-Confidence
- Expressing Emotions
- Reading Social Situations
- Speaking Up When I Need Help

WHAT I WANT EMPLOYERS TO KNOW



I may learn differently than others, but I can be a valuable member of your team. When I am given patience, clear communication, and an opportunity to learn at my pace, I can contribute, build relationships, and take pride in my work. I am loyal, dependable, eager to learn, and committed to doing my best every day.



PLEASE SEE MY ABILITIES BEFORE MY DISABILITY.



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Pen to Paper

- Use your smart phone or notepad
- Partner up
- Take a picture

Activity: My Child in 3 Words

- Describe your child in three words or longer
- Share with a neighbor



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Identify Strengths



Natural talents



Personality



Interests



What others compliment most

What Works Best?

- Teaching strategies
- Communication
- Sensory needs
- Motivation





What Doesn't Work?

1

Avoid blame

2

Focus on triggers

3

Describe
observable
situations

Growth Goals

- Skills developing
- Self-advocacy
- Social
- Academic
- Independence



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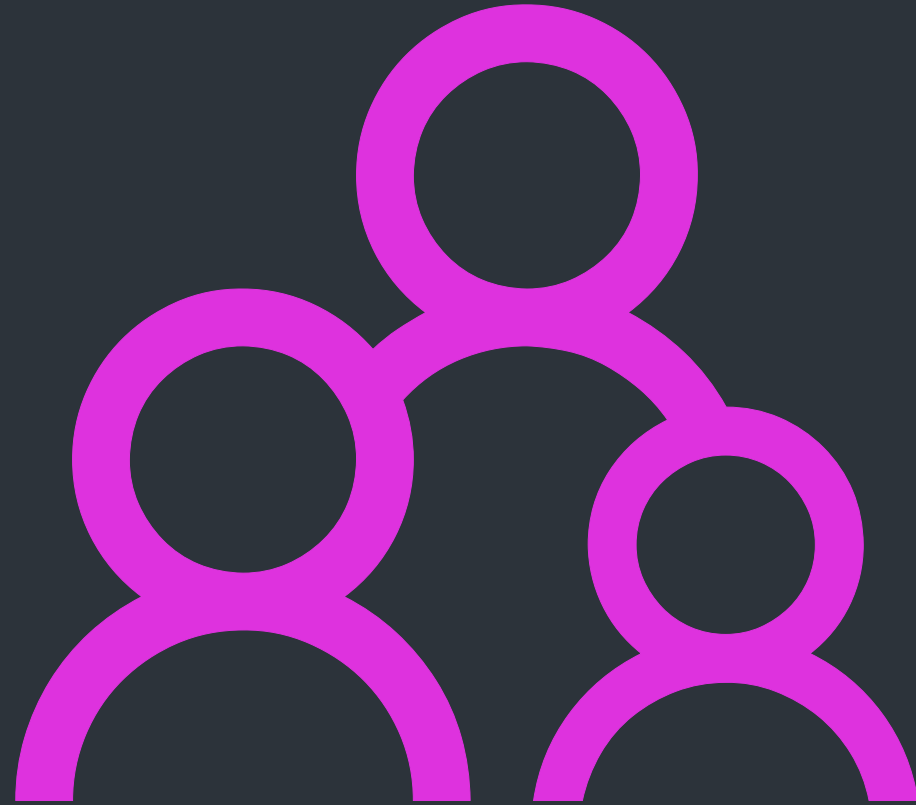


Let's Share

- 1. Picture
- 2. Who I Am
- 3. Strengths
- 4. What Works
- 5. What Doesn't Work
- 6. What I'm Working On
- 7. What I Love
- Miles Ramboyong @ 202.369.2178

Where to Use It

- School
- Doctors
- Therapists
- Camp
- Sports
- Church
- Family
- Employers





Reflection

If your child
couldn't
introduce
themselves...

Would this
page help
someone truly
know them?

Questions & Resources



Thank you

Dara
Miles

Dara@daramascara.com
Miles.Ramboyong@gmail.com

703.928.2649
202.369.2178