LifeCourse One Page Person Centered Description

Name: Ethan

Date:

What People Like and Admire About Me:

- I'm curious and love learning new things.
- I'm creative and enjoy making my own dishes.
- I'm helpful in the kitchen.
- I'm great with technology.
- I care about spending time with my family.

What's Important to Me:

- Cooking or baking something special for the family.
- Spending time with my cousins and laughing together.
- Having some quiet time when things get busy.
- Knowing the plan for the day (like when dinner starts and who's coming).
- Keeping some traditions, like decorating or making favorite foods.

How Best to Support Me:

- Tell me the schedule ahead of time so I know what's happening.
- Give me a quiet space if the house gets too loud.
- Let me help in the kitchen—it makes me happy!
- Warn me if plans change so I can get ready.
- Keep conversations calm when I'm tired or stressed.

Adapted for use by the Charting the LifeCourse Nexus-LifeCourseTools.com
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