



Chartering the Life Course: One-Page Profile

2025 SOAR Conference, Omaha,
NE

Presenters:

Sarah Jennings, Kathy Rohwedder,
Josh Swanson and Josh Whitfield

Presenters



Josh Whitfield Josh is a **Charting the LifeCourse Ambassador**, helping others set goals and build meaningful lives. He is the owner of **PooPatrol, LLC**, a business he built around his love of dogs that now employs seven people and serves nearly 135 customers. He enjoys traveling, geocaching, and training his service dog, Albert Noah Pooper.

Josh Swanson He recently became a **Charting the LifeCourse Ambassador** and looks forward to supporting others in using the CtLC framework and tools. Josh has worked for **PooPatrol** for over four years as a Pet Waste Technician and is the team's go-to **Mr. Fix-It**. Josh loves fishing. In the future, Josh plans to retire in the country with his dog, Jameson, a fix-it shed, and a riding lawn mower.

Presenters



Sarah Jennings

Sarah is a Shared Living Provider, Independent Provider for Supported Employment, Community Integration, and Vocational Rehabilitation. With over 25 years of experience in human services, she is also a **Charting the LifeCourse Ambassador/Presenter**. Sarah is passionate about helping people discover their skills and talents to find meaningful roles where they are truly valued.



Kathy Rohwedder

Kathy is a Shared Living Provider, Independent Provider for Supported Employment and Community Integration, and a **Charting the LifeCourse Ambassador**. With 40 years of experience, she has supported people in residential, vocational, and leadership roles across several states. Kathy is passionate about advocacy and says her greatest success is helping people live their dreams.

Session Objectives



Learn what a One
Page Profile is



Practice creating
one



Explore ways to
use it in real life

What is a one-page profile?

- Person-centered snapshot of an individual
- Used in schools, workplaces , homes and communities
- Promotes strengths, preferences, and support needs



The form is titled "LifeCourse One Page Person Centered Description" in a blue header bar. Below the title, there are two input fields: "Name:" and "Date:". The form is divided into three main sections. The first section, "What People Like and Admire About Me:", has a light blue header and a large light blue text area. The second section, "What's Important to Me:", has an orange header and a large light blue text area. The third section, "How Best to Support Me:", has a blue header and a large light blue text area. At the bottom, there is a footer with the text "Developed by: helen sanderson associates" and "Adapted for use by the Charting the LifeCourse Nexus-LifeCourseTools.com @2020 Curators of the University of Missouri/UMKC IHD, March 2020". There are also several small icons in the bottom right corner.

LifeCourse One Page Person Centered Description

Name: _____ Date: _____

What People Like and Admire About Me:

What's Important to Me:

How Best to Support Me:

Developed by:  helen sanderson associates

Adapted for use by the Charting the LifeCourse Nexus-LifeCourseTools.com
@2020 Curators of the University of Missouri/UMKC IHD, March 2020

Let's Look at **Why Does It Matter?**

- Quality supports build relationships.
- You want people to be invested in YOU!
- Nobody know you like you do!
- Putting your thoughts down and advocating for yourself.
- It shows self awareness. You are aware of what you need and why you need it.



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Ways We Use Our One-Page Profile



Sarah's One-Page Profile



LifeCourse One Page Person Centered Description

Name: Sarah Jennings

Date: 8-12-25

What People Like and Admire About Me:

I am good teacher, I am a good listener, I have positive mind set and good problem solver.
I like to learn new things and try new things.
I have passion for people.
I have good sense of humor and like to laugh and smile.
I have strong work ethic.
I am a multi tasker.
I am willing to help others communicate effectively.
I am willing to help others trouble shoot things and provide options.



What's Important to Me:

My animals are important to me. Dogs Maggie and Jameson. My Cat Mittens.
My housemate: Josh S is important to me.
My family is important to me. My niece Elianna, My nephews Marshal, Tyler, Brody
My boyfriend, Troy and his family are important to me.
My friends are important to me. (Kathy, Josh W, Janice, Heather, Jeremiah).
Having fun and creating memorable moments are important to me. Going on vacations.
Being organized is important to me.
Being on time to planned events.
Honest communication is important to me.

How Best to Support Me:

Help me say No to taking on too many projects at once. I tend to take on too much responsibility and put others before myself.
I need support in establishing and maintaining self care practices. Structure and Routines.
I need support in healthy eating and losing weight. Meal Planning Support and Calorie Tracking.
I need people that can actively listen to me. Let me vent and participate in problem solving sessions.
I need support with decision making at times when it comes to home decor and yard landscaping.

One-Page Profile Group Activity:

**Pair up
with your
neighbor.**



**Interview each other using the
One-Page Profile Questions.**

Profile Section 1

- **What People Appreciate About Me**

Strengths, personality traits,
what other value

E.g., kind, funny, good listener

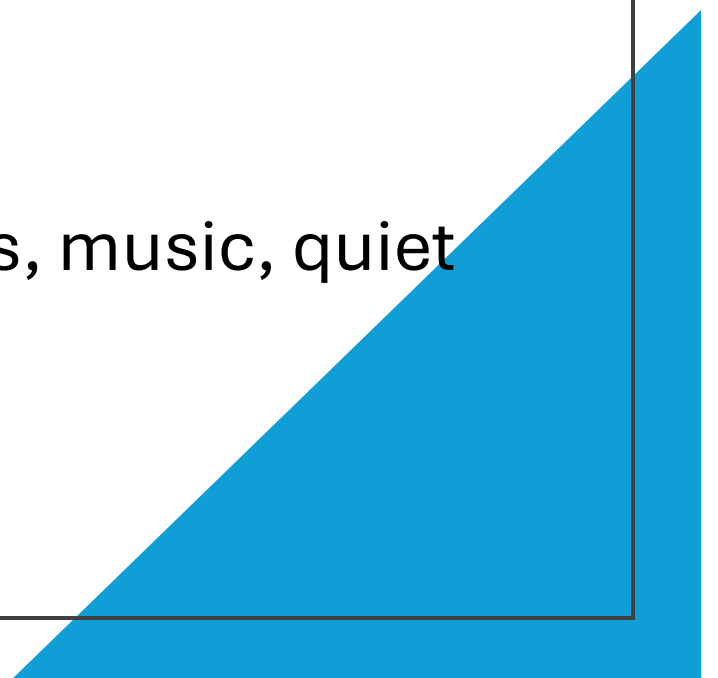
A large blue triangle is positioned in the bottom right corner of the slide, pointing towards the top right.

Profile Section 2

- **What is Important to Me**

People, places, routines, values, interests

E.g., family, dinners, music, quiet time

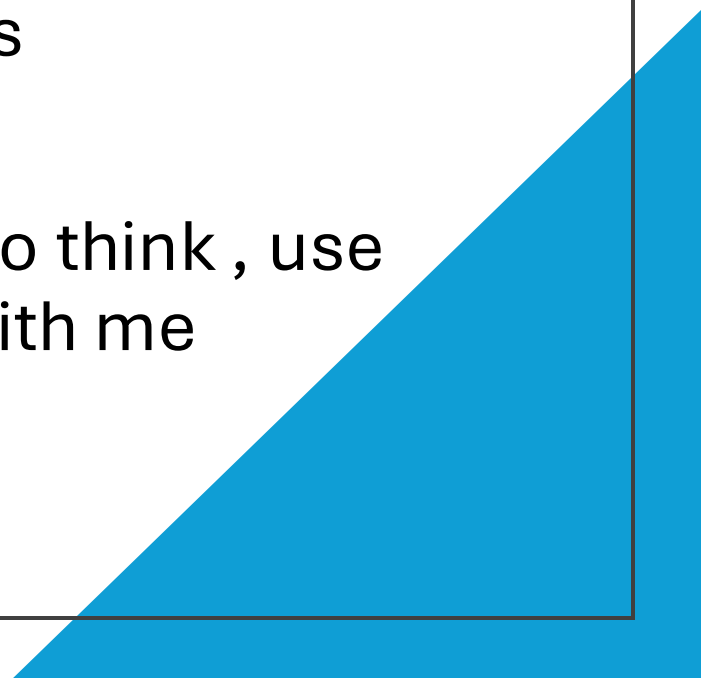


Profile Section 3

- **How to Best Support Me**

Helpful strategies, do's and don'ts, support tips

E.g., give me time to think , use visuals, check in with me





Discussion Questions

- Was it easy or hard?
- What surprised you?
- How might you use this profile?

Real-Life Uses

New Support staff orientation
Roommate introductions
Respite care handoffs
Personal emergency kit

Self-Advocacy Meetings
Public Speaking events
Support plan reviews

Faith community participation
Club or team membership
Volunteer settings

Daily Living
& Support

Advocacy & Self-
Determination

Education & Transition

Community & Social
Life

Employment

Healthcare

Hospital stays
Medical Appointments
Emergency Responders

Individualized Education
Program meeting
Transition planning to adulthood
Classroom introductions
College disability services

Job interviews
Onboarding for employers
Job coach reference

Accessibility Tips for Profiles

1

Use large fonts,
plain language

2

Include photos,
visuals, and
voice if helpful

3

Keep it simple,
respectful, and
true to the
person



Scouting Report: Josh Whitfield

Team: PooPatrol

Position: Small Business Owner

Jersey Number: "2" of course!



Player Stats

Height: 6'2 Weight: 215

Age: 44

Favorite Activities: Feet up and in my recliner. Go shopping, baseball games, geocaching, traveling, bowling, karaoke, church, working, riding in my truck, camping, swimming, helping others

Hometown: Evanston, IL

Special Interests: training Albert, St. Louis Cardinals, Football, collecting gnomes and St. Louis Cardinal stuff, superhero movies, public speaking, volunteering

🦾 Batting Average (Strengths)

(What I consistently do well)

- Good sense of humor (Joshisms)
- Work well at scooping
- Works well with employees
- Kind to people and dogs
- Bonding with Albert (loving him)
- I'm a hard worker

🌀 Curveballs (Challenges or Needs Improvement)

(What's tricky or needs more practice)

- Staying focused during long tasks
- Asking for help when needed
- Managing time
- I get lost
- Being focused on here and now
- My bad attitude
- Kinder to Janice and Kathy



- 👁️ **Scout's Notes (Observations)**

- Josh shows a lot of promise in social situations—great teammate energy.
- Josh can really hit it out of the park with consistent structure and encouragement.
- Josh steps up to the plate when it matters.



TEAM Josh,
what are your observations?



🧩 Tools in the Bat Bag (Supports That Help Most)

- Albert
- Visual reminders
- Frequent check-ins
- Job coaching
- Role modeling
- Alexa, iPad, iPhone & apps
- Apple watch
- Quiet space

By helping me FOCUS.
Help me stay in the here and now.
Hey Google in Shiny Blue.
Using Yardbook, and Quickbooks, and my bank app.
Make to do list and use them.
Give me simple directions, one step at a time.
Be patient with me.
Always be kind to me.
Be funny and happy with me.
Remind me to be in good shape.
Keep me busy and involved.
Help me get back to the happiness when I'm not me.
Give me time to think.
Help me with my PooPatrol money and my own money to save for things.
I need help shaving, gently help shave off my beard and keep me
clean shaven.



Resources

- [LifeCourse Nexus – Exchange Knowledge | Build Capacity | Engage Collaboratively](#)
- [Person-Centered Planning](#) <https://dhhs.ne.gov/Pages/DD-Person-Centered-Planning.aspx#SectionLink2->