

Why is sharing details about my life and story important?

- Sometimes during our advocacy journey, it can feel like people do not understand us or why we are asking for support.
- When advocating for an issue, sharing our personal story can help us connect with others and motivate others to get involved.
- Sharing our profile/story is a way to help other people get to know us better.
- Your story reveals your unique experience of the world and is as reliable as evidence-based research. Remember that!
- Through storytelling, everyone gains insight and education into diverse lives, beliefs, and cultures.

It is recommended to share your story in 2 parts:

All About Me:

- This profile outlines your support needs and preferences. It includes all areas of daily living and things you need to create a supportive environment and be at your best.
- It also captures your interests, strengths, and talents.

A Day-in-the-Life Story:

- Write down how you spend your day and the activities you do from when you get up to when you go to sleep. When advocating, focus on a day where things are not going well, and you are not at your best. Give as much detail as possible on the amount of time activities can take and reasons behind why you may struggle.
- Describe the impact on you & others in your home in the area(s) of physical, mental, spiritual, financial, social health & wellbeing.

For more resources about advocacy, click [here](#) or scan the QR code.



My name is:

○ _____

I am:

○ Age, diagnosis, pronouns: _____

My parent(s)/guardian(s) are:

○ Address, phone, email, who to contact for emergency:

Activities I like & dislike:

○ Activities I enjoy/interests: _____

○ Disliked activities: _____

○ Strengths: _____

○ Worries: _____

Ways to support me with personal care include:

○ Sleep, washroom support, dressing support, washing support, etc.:

I can best communicate using:

○ Describe/explain how/if this person can communicate their wants/needs:

○ Communication supports/devices – visuals/other support strategies:

Here are some ways my brain processes sensory input:

- Visual: _____
- Tactile/touch: _____
- Auditory/sound: _____
- Smell: _____
- Movement: _____
- What sensory sensitivities am I aware of? : _____
- Some ways you may see me try to help myself stay or get calm are: _____

- If I am not able to self-regulate, you can support me by: _____

Behavior as communication

- Here are some scenarios that can trigger me to feel anxious, overwhelmed or upset:

- When/where/how often do these occur? _____

If I am having big feelings and stress, you will see me doing:

- Examples (*circle all that apply*)
 - crying**
 - raising my voice**
 - pacing**
 - hurting myself**
 - talking a lot**
 - freezing or masking**
 - running away from the things that feel scary**
 - looking scared**
 - lashing out to people & things around me**
 - flapping my arms**
- Any other (please list)

Ways to support me that will keep me safe & prevent stress:

- Strategies to help if they become overwhelmed/frustrated: _____

- Motivators as support tools (my favorite/comfort things/topics): _____

Sometimes, my brain makes it hard to shift focus. Here are some ways to help me transition from one thing to another:

- Explain how to support me in managing changes in routine: _____

- To keep me safe, please provide the follow supports: _____

My ideal support people are:

- Examples: gender identity, quiet vs talkative, structured vs easy going, kind, patient, calm, ok with giving lots of hugs, etc.
- Describe the qualities of their ideal support person: _____

Other things to know about me:

- I feel at my best and am most open to learning when: _____

- My favorite TV shows/movies/books are: _____
- My favorite foods/foods I avoid are: _____
- My best friends are: _____
- Other: _____

Write down how you spend your day and the activities you do from when you get up to when you go to sleep:

- When advocating, focus on a day where things are not going well, and you are not at your best.
- Give as much detail as possible on the amount of time activities can take and reasons behind why you may struggle.
- Describe the impact on you & others in your home in the area(s) of physical, mental, spiritual, financial, social health & wellbeing.
- Use additional pages, if necessary.