

One Page Descriptions: *The Time is NOW!*

It's more important than ever to have a One Page Description for your loved ones and for yourself. The COVID-19 pandemic has upended everyone's plans, routines, and lives. There are things we can do to stay safe and healthy. We can stay home, keep physical distance, and wash our hands. We can also create a **One Page Description** for ourselves, family members with or without disabilities, people we support, and those who are elderly or have other support needs.

Why A One Page Now?

Many people with and without disabilities or who are elderly rely on a family member or caregiver for support and sometimes to be their voice. The family member/caregiver knows the person, their likes or dislikes, and how they want and need to be supported.

Here's Why!

- If you/the person needs support and requires medical attention or hospitalization during the pandemic, there is no guarantee that a caregiver could be with them.
- Also, if the family member/caregiver requires medical attention or support, who will provide support and care to you/the person? How will they get to know you/the person, knows what really matters, or how to support you/them?

What is a One Page Description?

A One Page Description is a summary of what is important to a person and how they need/want to be supported.

When Creating a One Page

- Keep the purpose in mind!
- Create the One Page with the person.
- Include detail & information specific to you/the person.
- Ask others who know you/the person well to contribute.
- Add a photo of yourself/the person to make it personal!
- Include pictures of things you/the person like.
- A One Page isn't just about disability. It can be used for anyone at any age or stage of life.
- Ask someone to review it. Is what is written is clear? Would others know what to do or say that would be helpful in the situation?

A One Page for Medical Care

- Must be brief so it can be read in under a minute.
- Include only essential information that would help medical professionals provide care and help you/the person feel content, comforted, and safe.

A One Page for a Caregiver

- Include enough information & detail that will help the caregiver know what's important to you/the person and what support helps the you/them 'get through' and have good days during this time.

Where Do I Start?

FIRST, think about the PURPOSE of the one page and what you want it to accomplish.

The information you include on a One Page should then reflect the purpose and help someone who doesn't know the person support them in that context. There are many reasons to have a One Page. (For school, work, Dr. appointments, camp, etc.)

However, this info sheet is specific to the current COVID-19 pandemic. Keep that in mind as you create each section of the One Page.

What is essential and helpful to the medical professional/s, or a caregiver provide good care and support?

Creating the One Page

What Others Like and Admire About Me/The Person...

Include your/the person's positive qualities, characteristics, gifts, skills, and what you/they are good at. Ask family and friends what they like and admire about you/the person.

Tip: Use one word descriptors-it's easier to read at a glance!

What Is Important To Me/The Person...

What makes you/the person happy, feel satisfied, content and comforted? Include:

- People in your/the person's life - family, friends, and those that provide support.
- The things you/the person like and enjoy.
- What gives you/the person comfort and helps you feel safe.
- Routines, rituals, and things that would help you/the person have a positive experience and a good day.

Tip: Write as bulleted items. Include enough detail & information that someone who didn't know the person would understand what is meant by what is written.

Some Examples:

- My family - Sue-mom, Don-dad. and sister-Jenna.
- My favorite blanket and stuffed Cheetah.
- Listen to music, watch Disney movies, or YouTube to relax.
- To have my glasses within reach.
- To know what's happening and when.
- Play games on my phone.

How to Best Support Me/The Person....

Include the support you/the person needs/wants to have what's *Important To* and what's *Important For* you/them. It will help medical professionals or caregivers interact in a way that is needed and preferred.

Information to include: how you/the person communicates, preferred language, method of taking medication, indicates pain, what gives comfort, allergies, sensitivities, assistive technology, mobility issues, swallowing issues, vision and/or hearing needs, food or dietary restrictions, service animal, etc.

Tip: Write the supports as "instructions" - What someone should say or do that is helpful in the situation.

Some Examples:

- If Jane is upset, reassure her that her family is checking on her and she will be able to FaceTime them.
- Use plain language when sharing information. Say, "First...Then..." when telling me the plan.
- Jon takes his medication in pudding or something soft.
- Food must be cut into small, bite sized pieces. Use a spoon and feed me from my left side.
- Ask me yes or no questions in plain, easy to understand language.

This example would be given to someone in a caregiving role.

There is a lot of information and detail. It would help the caregiver know what is important to the person and the support they need to have a positive experience and good days.

Important to XXX

- Talk to and see mom -Brenda, dad-Merlin, & his dog, Jaxon each day.
- **Stay connected** by zoom, Facebook, FaceTime, phone, text and email with his family, extended family - Larry & Jodi, Rebecca & Dillon, Gordy & Lynn, Grant, Grandma Cindy, Janet, and Brent's; friends - Emily, Asst. Living residents, and staff; and Great-Life co-workers.
- **Stay Healthy** by eating healthy foods, getting enough sleep, taking his medication & drinking water.
- **Keep Active** by walking in the neighborhood, getting the mail, riding bike, and online exercise.
- **Stay Informed** on what's happening right now in our community and state concerning the Corona Virus.
- **Keep Busy** - Watch movies (Christian), play video games, Skipbo with his family, & listen to Christian music.
- **Take Care of His Home** and have a clean place to live.
- **Be Calm, Feel Secure & Safe** - his apps on my phone, my hot tub, music, and talking about how he feels.
- **His Church and Bible Study,**
- **Have a schedule/routine** for each day
- **Predictability,** Know 'what the plan is' in any situation
- **No Drama!**

XXXXX's One Page For Caregivers



What Others Like and Admire About XXXX

Polite * Kind * A good friend
A leader * A good neighbor
Likes to help others
Great Volunteer * Loyal
Good Athlete * His Faith
Great Smile * Friendly

1 Corinthians 2:9

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."

Best Support for XXX

- Let xxxxx know what's taking place by saying, "First, next..."
- Ensure he has opportunities and his electronics to talk and connect with family, extended family, and friends.
- Keep him informed on the COVID-19 once a day using a short explanation in plain language.
- Offer suggestions on healthy foods and snacks as well as portion sizes.
- Encourage him to drink water.
- Ask him if he took his morning and evening medication.
- Assist xxxxx to set up time to "visit" his Assisted Living residents and staff. He can visit by walking around the building and waving to the residents or by FaceTime.
- Offer to go on a walk in the neighborhood to get the mail or walk Jaxon, his dog. (Be ready he's fast!)
- If he seems stressed or upset, acknowledge it by letting him know it is a stressful time right now, tell him that that he is handling it well, or suggest he use his app for stress, listen to music, watch a movie, or play a game.
- Reminders to wash hands, keep his distance from others, and to cough/sneeze in his elbow.
- Write the schedule for each day on his white board calendar.
- Gentle reminders about household tasks and coach through steps.

This example is for Medical Care. It is brief. It includes essential information and could be read in about a minute.

This would help the hospital staff know how to provide care in a medical situation.

Important to

- **His Mom & Dad** (Have my phone nearby)
• Mom - Brenda (xxx-xxx-xxxx)
• Dad - Merlin (xxx-xxx-xxxx)
- **That people introduce themselves** and tell him their name
- **To be informed about what's happening.** When are meals, tests, procedures, etc.
- **His faith** - Prayer & a visit from the Chaplain
- **To know how to ask for or get help if he needs it**
- **Feel calm and safe**

XXXXX'S One Page For Medical Care



What Others Like and Admire

Polite & Kind
Likes to Help Others
Friendly
Strong Faith
A Denver Bronco Fan

1 Corinthians 2:9

"No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him."

Best Support

- Introduce yourself to him and tell him your role.
- Use plain, simple language to give him any information. (He will say "yes" to most questions without total understanding)
- Let him know what's happening by saying, "First...Then..."
- If he is anxious or scared, it might help call/talk to his mom or dad or listen to music. Humor helps.
- Let him know the daily routine. (mealtimes, change of shift, etc.)
- Show him how to operate the Call Button for help and explain why he would use it.
- Write the nurse and doctors name on the whiteboard.

Name _____, s One Page For (Purpose) _____

What's Important To _____?

Photo

What Others Like &
Admire About _____

How to Best Support _____?