One-Page Regulation Profile Template

Prompt sheet for summarising triggers, supports, and escalation plans.

Capture key preferences so staff, caregivers, and clinicians can respond consistently.

Update after reviews, hospital admissions, or significant changes to routines or medication.

Learner snapshot

Note name, pronouns, preferred communication methods, and sensory profile highlights.

List strengths and interests that help build rapport before challenging tasks.

Supports that help

Describe regulation tools that work (timers, movement breaks, breathing scripts) and what to avoid.

Add environmental adjustments such as seating preferences, lighting, or noise levels.

Communication & escalation

Record early warning signs of overwhelm and agreed de-escalation steps.

Document who to contact in a crisis, including phone numbers and safe spaces.

Action checklist

- Review the profile each term with the young person or adult involved.

- Store encrypted copies and share only with staff who need access.

- Confirm medical details with clinicians before distributing widely.

Trusted resources

- SCIE One-page profiles (https://www.scie.org.uk/person-centred-care/person-centred-thinking-tools/one-page-profiles)
- National Autistic Society Communication (https://www.autism.org.uk/advice-and-guidance/topics/communication)
- IPSEA SEN support (https://www.ipsea.org.uk/pages/category/sen-support)

Template prompts only. Secure any personal data in line with GDPR and local policy.