

My Page One-Page Profile

Please complete this one-page profile prior to meeting with your case manager for your assessment. This enables them to know you better and understand what is important to you. Your case manager will review your profile with you before completing your assessment and person-centered service plan.

By understanding you and your goals, your case manager can better help determine how DDA paid services can assist you in living the life you want to live.

You can complete the one-page profile on your own, or with the assistance. Complete as much or as little of the profile as you wish. If you need extra space, you can use another sheet of paper. Feel free to include a picture of yourself with your profile.

You are not required to complete a one-page profile. Not completing the profile will not affect your eligibility to receive a DDA assessment or paid services.



Instructions:

- **In circle:** Write your name, age, and date you completed your profile. You can add a photo if you like.
- **My strengths, skills, and gifts:** Tell us things you are good at doing.
- **What is important to me:** Write down people, places, interests, activities, things, pets ... anything that helps you live happily and safely.
- **Who is important to me:** Provide the names of people who mean the most to you.
- **What others like and admire about me:** Describe what it is that other people like about you.
- **How to best support me:** Explain ways people can best assist you when you need help. How should people communicate with you? What is important for your health and safety?
- **What works for me:** List what helps you the most.
- **What doesn't work for me:** State what you don't like, things that cause you to be upset, or are not good for your happiness, health, or safety.
- **My hopes, dreams and goals:** Write down your life wishes. This might be about where you want to live, or a job you want. It may be something you strongly desire to do. What are your ideas for the best possible future for yourself?

My Page



**My strengths, skills,
and gifts:**



What is important to me:



**Who is important
to me:**

**What others like and admire
about me:**

Name: _____

Age: _____

Date: _____



How to best support me:



**My hopes, dreams,
and goals:**



What works for me:



**What doesn't work
for me:**

One-Page Proposal Template

A tool for your Horizon 2020 idea

see <http://horizonbook.eu/resources/one-page-proposal-template/> for more information

Title:

Try to find a descriptive title and an acronym.

Contact:

Name, email, organisation and telephone.

Proposal idea:

Description of the idea in no more than 3-5 sentences.

Objectives:

What do you want to achieve with your idea?

European Dimension:

Why should this be an EU/Horizon 2020 project?

Results:

What concrete results will come out of your project?

Users:

Who can and will use the results of your project?

Impact:

What is possible once your project achieves its objectives and delivers its results?

Tentative Horizon 2020 work programme, call, and funding scheme:

This is needed for partner organisations to evaluate the financial and organisational feasibility.

Partners and roles:

Which functions and roles need to be filled?

Budget and duration estimate:

Budget in the order of thousands or millions of Euro?

Project duration in months or years?

Learn to write better Horizon 2020 proposals: www.horizonbook.eu

