

About Me One-Page Story Workshops



An About Me One-Page Story is a simple yet powerful tool. It provides information on a single sheet of paper that supports staff to know what really matters to people and how to support them.

Adapted from Helen Sanderson and Associates' person-centred tool, this one-page summary of what matters to a person represents the foundation of person-centred practice.

The Real Care the Second Time Around Project provides a free workshop to aged care and health care staff, to enable them to implement About Me One-Page Stories in their organisations, with staff and consumers.

Workshop: Getting Started with the About Me One-Page Story *one hour, plus Q&A, and one-to-one consultations (optional)*

- Introduction to the Real Care the Second Time Around Project and Forgotten Australians
- Introduction and Overview of the About Me One-Page Story
- Getting Started with the About Me One-Page Story



Scan the QR code to learn more about Forgotten Australians and About Me One-Page Stories, or visit www.helpinghand.org.au/forgotten-australians



Hear from some people who have completed the workshops

*"It has meant that attention is given to the 'little things' that make me feel happy and valued, whilst still appreciating my increasing health needs."—Ellen**

"The About Me has led to a greater understanding of Peter, his life so far and what we can do to assist him onwards. The information in his About Me will allow me to have more authentic conversations with Peter*."—Home Care Worker*

"In terms of usefulness, the 'How to support me best' section is the most important for Cathy. This is the section that is reviewed and updated most frequently and is the most important bit for Cathy* to know because ultimately she is the one who coordinates the support for residents."—Manager*

"I highly recommend these workshops. The process of creating an About Me one-page story gave people the opportunity to put forward more of their own views. It's also helped care workers have richer conversations with residents."—Aged Care Coordinator

**Names have been changed*

For further information, please contact:

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