



Inclusive Minds

FREE FILLABLE PROFILE

My **Shine** Profile

What helps me shine, to share with the people who support me.

This profile belongs to:

Date filled in:

Filled in with help from:

Stick a photo or draw
yourself here

How to use this profile

- Type straight into the white boxes on a phone, tablet or computer, or print it and write.
- Save it, then share it with a new support worker, teacher, therapist or respite carer.
- Update it whenever things change. It belongs to you and your family.



Hello, it's me!

A little about me, so you can get to know me.

My name is

I like to be called

My favourite people

Things I'm great at

What I love most

How I communicate best (tick all that fit)

☐

Talking

☐

Sign or Key Word Sign

☐

Pictures or symbols

☐

A communication device

☐

Pointing or gestures

☐

Writing or typing

Tips for talking with me

I am me, and that is awesome!



What helps me shine

This is what people should know to support me best.

Things that help me feel comfortable and safe

Things that make me smile

Things that might be hard for me (sounds, places, changes, routines)

Kind things people can do to help me

When people know what I need, we all do so well together!

All my feelings are okay

Sometimes I feel big things, and that is completely fine. Here is what helps.

How I might feel	What helps me feel better (change it to fit you)
Happy	Dance, sing, share it!
Cross	Squeeze something soft, take 3 slow breaths
Worried	Hold a hand, talk about it
Sad	Cuddle, rest, do something gentle
Excited	Jump, laugh, tell someone!

My calm-down plan

Things that help me calm down

People I can tell

My calm place

Every feeling is okay. I can ask for help whenever I need it.



My team: people who care

These are the people who help me, play with me and look out for me.

Who they are	How they help me	What I love about them

I am never alone. I have people on my team.



Look what I can do!

I am growing and learning every day.

Things I can already do

Things I want to try or learn

Places I want to visit

--

Something I am proud of

--

My promise to myself: I take things at my own pace. I am kind to myself. I am loved, and I matter.

I am growing, learning and amazing, just as I am.



For my carer or grown-up

You matter too. Thank you for being there.

What brings us joy together

What we celebrate

One small thing I can do for myself this week

Support for you

Carer Gateway (free carer support, counselling and respite)

1800 422 737

Lifeline (24 hours, any time you need to talk)

13 11 14

Inclusive Minds (ask us anything about NDIS support)

0481 567 981

In an emergency, call 000.

You are doing a great job. Rest is not lazy, rest is necessary. You are not alone.