

PMA Support Profile One-Pager

Strengths-first support planning: the language that keeps a record honest, and a one-page profile to complete with the person.

For teachers and support staff, workplace managers, practitioners, parents and carers.
Free resource · 2026

Scope, use and limits

A free two-page resource for writing support information that describes person–environment fit rather than deficits, including a one-page profile to complete with the person.

What this resource is for

- Rewriting verdicts as records you can act on.
- Asking the four questions that must precede any plan.
- Producing a one-page profile the person has read and agreed.

What this resource is not for

- Screening for, indicating or identifying any condition.
- Replacing professional assessment, treatment, supervision or emergency care.
- Producing scores, thresholds or severity ratings.
- Use during a crisis or where there is any risk of harm.

PROFESSIONAL AND LEGAL BOUNDARY

This resource is an educational and professional documentation aid published by PMA Science University. It is not a diagnostic instrument, a psychometric test, or a substitute for assessment, treatment, supervision, or emergency care by a qualified professional.

Nothing in this resource assigns a diagnosis, produces a clinical score, or establishes a clinical threshold. Observation records and self-reflection entries describe what was seen or experienced. They do not classify a person.

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If you are supporting someone who may be at risk of harm, stop using this resource and contact local emergency services or a crisis line immediately.

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Fit, not deficit

A support plan that describes a person as a list of deficits will try to correct the person. A support plan that describes the fit between a person and an environment will change the things that can actually be changed — the demand, the sensory conditions, the predictability, the communication channel.

Instead of	Write
Cannot cope with noise	Left the room within 10 minutes on 4 of 5 occasions when the hall fan was running
Poor social skills	Joined group work when paired with one named peer; did not join when the group was formed at random
Refuses instructions	Began 40–60 seconds after a written instruction; did not begin after a spoken instruction given to the whole room
Low motivation	Completed 6 of 6 items when the end point was visible; 1 of 6 when the task had no stated end
Rigid	Asked "what is next?" five times; the visual schedule was not displayed that day

Four questions before any plan

- What are this person's strengths, and in what conditions do they appear?
- What does the person themselves say helps, in their own words and their own channel?
- Does this appear in both settings, or only one? If only one, it belongs to the setting too.
- What is the environment asking that it does not need to ask?

THIS IS NOT A SCREENING TOOL

Nothing here identifies, screens for, or indicates any condition. It records conditions, responses, strengths and fit. Formal identification requires a qualified professional and proper consent.

One-page support profile

Write it with the person, not about them. Read it back to them before anyone else sees it. If they cannot read it, read it aloud in their channel.

What people should know about me first — strengths, in my words where possible

What works — specific and actionable

What makes things harder

How I communicate best, and how long I need

What to do if I am overloaded — and what not to do

Who to ask · who agreed this · date written · review date

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