**Instructions for Creating Your Member Template/Profile**

The first part of the Member Profile serves as an introduction for others regarding your strengths, your story, your desired supports and your unique personal gifts. Generating the 4 components of the member of the first page of your member profile can be done by you alone, but feel free to consult with those who know you well: family, friends, and even co-workers can be asked for feedback about you. The second part serves as an opportunity for you to share how you will bring your passion, skills and strengths to the work, mission and vision of the Nebraska Brain Injury Council. Please complete both sides of your profile.

**1. What people like and admire about me** This can include personal and professional traits. For example:

* Dependable
* Great mom
* Loves animals
* Good cook

**2. Important to me** What is *Important to* me might include; people/relationships, status and control, things to do, places to go, the rituals and routines we depend on and look forward to, from that first cup of coffee in the morning to making our nana’s traditional recipes for family gatherings and finally things to have, this may include baseball cards, books and collectables.

**Examples** *Important To*

* Family and Friends
* Connecting with my girlfriends
* Feeling organized
* Taking a walk with my dog every day

**3. Important for me**In our individual lives *Important for* includes issues of health and safety and can include such things as access to needed medicine and access to wellness opportunities and a safe community. For individuals it also includes those things that are important for someone to be a valued member of their community, for example employment can be Important For someone in order to pay the bills, but it can also contribute to a feeling of doing something valuable while being valued For your labor by the community as well as provide a means to access what is Important to you.

**Examples** *Important For*

* Regular sleep schedule
* Being able to check in with my nurse case manager if I have a question about my insulin dosage to best manage my diabetes
* Having time to prepare healthy meals daily in my kitchen

**4. Additional Information about me** Any additional information you would like to share about your background, wishes, dreams, family, etc. goes here.

**Examples** *Additional Information about me*

* Loves line dancing
* Favorite color is red
* Thinks Tom Hanks is the best actor ever!
* Dreams of retiring to Vermont

*Adapted from The Learning Community for Person Centered Practices* [*www.tlcpcp.com*](http://www.tlcpcp.com) *2016 and the Nebraska Brain Injury Council Member Profile by Anastasia Edmonston MS CRC, 2020*