

AAGST

Adolescent/Adult Goal Setting Tool

For individuals on the autism spectrum and other neurodivergent individuals

The Adolescent/Adult Goal Setting Tool (AAGST) has been designed to enable people on the autism spectrum and other neurodivergent individuals to actively engage in person-centred planning processes.

The AAGST is suitable for:

- NDIS Planning
- Schools facilitating post-school transition planning for students
- Employment Agencies
- Disability Service Providers
- Therapists supporting adolescents and adults on the autism spectrum with goal planning
- Individuals and their families.

The tool consists of a pack of 74 goal cards divided into nine categories including:

- Social relationships
- Self-care and Home Living
- Study and Training
- Employment
- Health and Fitness
- Community Access and Participation
- Communication
- Finances
- Emotional Wellbeing.

The AAGST is not a standardised test. It is a tool that can be used to be used flexibly to maximise the capacity of the person on the spectrum to identify, prioritise and communicate their goals.



Goal Setting Cards

- Card-sorting methods have increasingly been found to be effective in assisting people with disabilities to articulate their goals and priorities for support services.
- Cards with pictures are accessible to a broad range of people on the spectrum, including those with cognitive, language or literacy difficulties and those for whom English is not their first language.
- Each card in the AAGST combines an illustration and simple wording to describe a possible goal, each of which fall within nine categories.
- Each card has a corresponding coloured band to indicate the category the goal falls within.
- A sorting process assists individuals to identify and communicate key priorities and needs.
- Additional ideas are captured through the use of a 'Something Else' card which remains visible throughout the sorting process.



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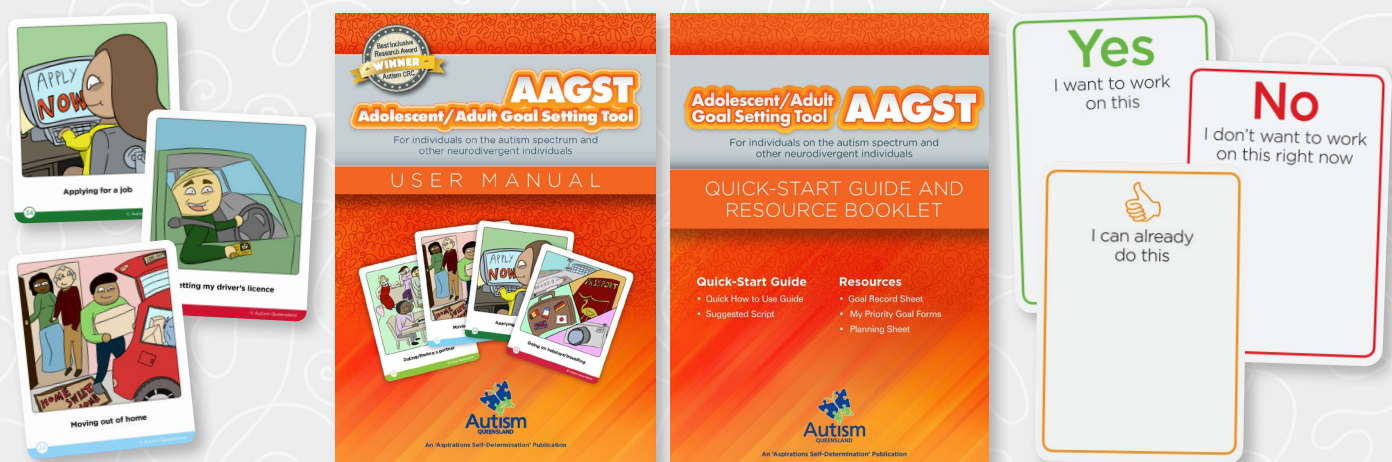
2018 Cooperative Research Centre for Living with Autism Award for Achievement in Autism Spectrum Research for outstanding commitment to inclusive research practices.

Development of the Tool

The concept for the AAGST, draft manual, and sorting plates were developed based on the Family Goal Setting Tool: Autism Spectrum Disorder Version (Jones, 2013a). It was developed by three researchers based on their combined clinical experience, a review of the literature and other person-centred planning tools. Many others were involved in the design process – the illustrators of the card images, themselves individuals on the spectrum, the Australia and New Zealand Autistic Self Advocacy Network (ASAN) committee members, teachers, and allied health professionals who provided feedback on the clarity, relevance and comprehensiveness of the goals. People on the spectrum and their family members participated in two surveys to evaluate the cards. The final stages of the evaluation involved trials of the AAGST with individuals on the spectrum, interviews with these people and their families, and focus groups conducted with professional staff.

What the AAGST includes

The AAGST contains **74 Goal Cards, Sorting Plates** and a **Goal Explanation Card**, detailed **User Manual, Quick-Start Guide and Resource Booklet** containing a How to Use Guide with tips, suggested script, and master copies of a Goal Record Sheet, My Priority Goals Form and Planning Sheet. All master copies are designed to be copied. The tool is available for purchase online from the Autism Queensland website.



Other 'Aspirations Self-Determination' Publications

The Family Goal Setting Tools (FGST) has been designed to help practitioners facilitate truly family-centred, holistic goal setting with parents/carers of young children (birth to early school years) with significant global developmental delay and/or multiple and complex needs.

The tools can be used by therapists, teachers, social workers and other specialists working in inter or transdisciplinary teams. They are also suitable for sole practitioners and planners/case managers who wish to have a holistic understanding of the child and family's needs and priorities.

Available versions:

- The Family Goal Setting Tool (Autism Spectrum Disorder)
- The Family Goal Setting Tool (For Families with Children with Disabilities)

All tools are available for purchase from the Autism Queensland website www.autismqld.com.au



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