

Overview Flyer

Family Goal Setting Tool (FGST) Disability Version

Designed by the **award-winning** team behind the Adolescent/Adult Goal Setting Tool (AAGST), this resource facilitates collaborative goal setting with families who have children with significant global development delay and/or multiple and complex needs (through to early school years).

What is the FGST?

The FGST: Disability Version is a unique, card-based visual sorting tool that **supports the identification, prioritisation, and communication of goals** for families with children with disabilities. Judy Jones (AQ Occupational Therapist) designed and piloted the tool across various early childhood intervention teams, where feedback from families, educators, and therapists guided its finalisation. The tool supports deeper conversations about a range of needs and aspirations, while providing practitioners and other professionals with a structured approach to understanding and responding to child and family priorities.

Who can use the FGST?

The tool is designed for use across a **variety of settings** to support families with children with disabilities identify and work towards their goals. It can be used by therapists and other allied health professionals, educators, support coordinators, disability support workers, case managers, and other service providers.

The FGST is ideal for use in:

- NDIS planning and reviews.
- Early childhood transition supports.
- Allied health and disability support planning.
- Mental health, wellbeing services and other settings supporting families with children with disabilities.



The FGST kit contains:

- 80 illustrated goal cards across 9 categories.
- Category sorting plates and goal explanation cards.
- Scripts, planning templates, goal tracking sheets, and other resources.
- User manual and quick-start guide.

What goals does it cover?

All goal cards are colour categorised across eight key areas. These include: communication, social participation, emotional regulation, play/learning, self-care, motor skills, community access, information, and support.

Why professionals choose the FGST:

Inclusive & accessible: Supports a wide range of communication, language, and cognitive styles and strengths. It combines simple language, visual supports, and flexible sorting. The tool is grounded by lived experience and supported by evidence-informed practice.

Visual & engaging: The illustrated goal cards were created by an autistic artist. Each card pairs illustration with simple wording to describe goals, coded into nine categories.

Child/family-centred & flexible: Whilst providing structure, the tool is adaptable across a variety of service settings (therapy, early childhood education etc.). The sorting process allows families to voice the goals and priorities of their child and family.

Need a tool for autistic children, adolescents and adults? Try these:



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