



Overview Flyer

Adolescent/ Adult Goal Setting Tool (AAGST)

An **award-winning** resource to support person-centred planning, goal setting, and self-advocacy for autistic and neurodivergent adolescents and adults.

What is the AAGST?

The AAGST is a unique, card-based visual sorting tool that **supports the identification, prioritisation, and communication of goals** and aspirations. It was co-designed with input from autistic people and their families through surveys, interviews, and focus groups, and shaped by evidence-based practices and feedback from teachers, allied health professionals, researchers, and members of the *Australia and New Zealand Autistic Self Advocacy Network (ASAN)*.

Who can use the AAGST?

The tool is designed for use across a **variety of settings** to support autistic and neurodivergent adolescents and adults identify and work towards their goals. It can be used by therapists and other allied health professionals, educators, families/carers, support coordinators, disability support workers, employment consultants, other service providers, or individuals themselves.

The AAGST is ideal for use in:

- NDIS planning and reviews.
- School and tertiary education transition supports.
- Allied health, disability, mental health, and wellbeing services.
- Supported Independent Living (SIL) and other lifestyle support settings.
- Employment, training programs, peer mentoring, and advocacy programs.
- Self-directed planning families or other professionals.



The AAGST kit contains:

- 75 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 nine key areas. These include: social relationships, communication, self-care/home living, study/training, employment, health/fitness, community access, financial skills, and emotional wellbeing.

Why professionals choose the AAGST:

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.

Person-centred & flexible: Whilst providing structure, the tool is adaptable across a variety of demographics and service settings (therapy, education, employment). The sorting process allows for autonomy and self-advocacy, allowing room for additional ideas to be captured outside of the base set of cards.

Need a tool for autistic children or children with disabilities?

Try these:






Purchase yours now



Scan QR code to view these tools on the Autism Queensland website shop!

Autism Queensland is here to help—get in touch to learn more:



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