



Overview Flyer

My Sensory Experiences Tool (MYSET)



From the **award-winning** creators of the Adult/Adolescent Goal Setting Tool (AAGST), MYSET is an innovative resource giving voice to everyday sensory experiences of autistic and neurodivergent people.

What is the MYSET?

MYSET is a visual, strengths-based resource co-designed with autistic consultants with lived experience, alongside leading researchers. It supports people to explore how everyday sensory experiences shape their lives. Instead of categorising responses as “typical” or “atypical,” MYSET celebrates sensory differences and creates space for authentic expression, collaborative problem-solving, and meaningful participation.

Who can use the MYSET?

The tool is designed for use across a **variety of settings** to support autistic and neurodivergent children and adults (including people with diverse communication needs). A caregiver/educator version is included to support young children (as young as 5) and those with high support needs. It can be used by therapists and other allied health professionals, educators, families/carers, support coordinators, disability support workers, employment consultants, and other service providers.

The MYSET is ideal for use in:

- Allied health, disability, positive behaviour support, mental health, employment, and wellbeing services.
- Schools and classrooms.
- Supported Independent Living (SIL) and other lifestyle support settings.
- Self-directed family/carer planning.



No ongoing costs—everything you need is included:

- 80+ cards for various sensory experiences, seeking/stimming, and noticing sensations.
- Sorting plates, rating scales, explanation cards, and visual prompts.
- Scripts, planning templates, tracking sheets, FAQs, and other resources.
- User manual, family/carer version, and quick-start guide.

Why professionals choose MYSET:

Neurodiversity-affirming approach: MYSET recognises sensory differences as part of identity—not a disorder to be fixed.

Person-centred & evidence-informed: Built on extensive participatory action research with autistic people aged 8–54, their families, and practitioners, MYSET prioritises lived experience and self-expression.

Visual & accessible: MYSET's card-sorting format supports diverse communication styles, using visual cues and simple text to make concepts easier to discuss.

Collaborative & empowering: Facilitates shared understanding between individuals, caregivers, and professionals. Leads to tailored strategy/support plans that reduce barriers and promote wellbeing. Professionals across various practice settings use MYSET to better understand, support, and advocate for the people they work with.

Need a tool for goal setting with autistic children, adolescents and adults?
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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