

Supporting Parents of Children with Autism Spectrum Disorder in Identifying Goals for Participation: A Case Report



Ming-Chieh Hsieh^a, Lin-Ju Kang^{a,b}

^a Graduate Institute of Early Intervention, College of Medicine, Chang Gung University, Taiwan

^b Department of Physical Medicine and Rehabilitation, Chang Gung Memorial Hospital, Linkou, Taiwan

Background

- * The family-centered practice emphasizes on **enhancing participation goals based on the child and family needs.**
- * The Family Goal Setting Tool (FGST) is a newly developed tool to assist family in expressing goals for their children's participation.
- * The aim of this study is to present a case report using the FGST.

Methods

- * This case report included three mothers of children with autism spectrum disorder.
- * The Family Goal Setting Tool-Autism Spectrum Disorder version has 68 activity cards representing the common needs of children with ASD and their families, such as *social participation, play and learning, communication, and information support.*
- * The mothers looked at each card and picked out activities which are important for them or their children, and want to change right now. Then researcher guided them to sort similar activities to be addressed in **one most important activity** which their children like to do, or are expected to do.



Sort cards in "yes, change now" "no, not now" and "maybe later"

Results

- * Identify one prioritized goal about each children's participation in community activities.

Helen	first year of elementary school and homeschooling twice a week
Goal	Helen can ask family member's needs and go shipping in the supermarket for them
Willie	second year of elementary special-education classroom
Goal	Willie can use the Metro for transportation and express emotions in an appropriate manner in the Metro station.
Kevin	third year of elementary school and homeschooling three times a week
Goal	Kevin can invite one of his friends to play a table game , and explain the rules about the game actively

- * They indicated that the visual cues of the Family Goal Setting Tool were very helpful for them to focus on what they thought and **expressed their real expected activities.**
- * In this goal identification process, the researcher's role is to guide and support the family to identify what they want for their children.



Sort similar activities in one most important goal

References

Jones, J. B. (2013). *The Family Goal Setting Tool: Autism Spectrum Disorder Version*. Australia: Autism Queensland Publication.

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Ming-Chieh Hsieh E-mail : donaldduckmigi@gmail.com