

Sophie Eleanor Brown, Lesley Scobbie, Linda Worrall, Ruth Mc Menamin & Marian C. Brady (2022) Access G-AP: development of an accessible goal setting and action planning resource for stroke survivors with aphasia, *Disability and Rehabilitation*, DOI: [10.1080/09638288.2022.2085331](https://doi.org/10.1080/09638288.2022.2085331)

**Purpose;** Goal setting is key to stroke rehabilitation, but access for people with aphasia is challenging. Based on the Goal setting and Action Planning (G-AP) framework, we developed an accessible goal setting resource (Access G-AP).

**Methods;** Access G-AP was designed using a three-phase, user-centred design process. *Phase 1:* Access G-AP Draft A was designed using evidence-based recommendations. *Phase 2:* Draft A was reviewed by stroke survivors with aphasia (focus groups 1&2) and rehabilitation staff (questionnaire). *Phase 3:* Suggested recommendations informed Access G-AP Draft B, which was further reviewed by stroke survivors with aphasia (focus group 3). The final version of Access G-AP was approved by stroke survivors with aphasia at a debrief meeting. Data were analysed using content analysis.

**Results;** Recommended design improvements included reducing text, adding bullet points, and diversifying images. Both participant groups highlighted that Access G-AP should be used collaboratively to support stroke survivor involvement. Staff recommended Access G-AP training and additional resources to support stroke survivors with severe aphasia.

**Conclusions;** Access G-AP was co-developed to support people with aphasia to access and engage in stroke rehabilitation goal setting. Further research is required to establish the feasibility of Access G-AP in clinical practice.

## IMPLICATIONS FOR REHABILITATION

- Evidence-based accessible formatting strategies and an iterative design process can inform the design of accessible goal setting resources.
- Accessible goal setting materials should be relevant to stroke survivors with aphasia and responsive to their needs.

- Rehabilitation staff require training and support to use accessible goal setting resources (like Access G-AP) with stroke survivors with aphasia, especially those with severe aphasia.
- Evaluation of the feasibility of Access G-AP in clinical practice is now required.