

TELETHERAPY

What is it?

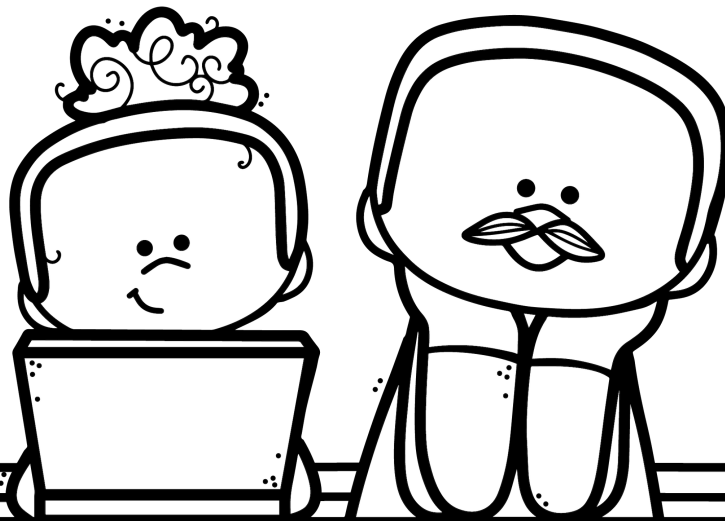
According to the American Speech-Language Hearing Association (ASHA), "Telepractice is the application of telecommunications technology to the delivery of speech language pathology and audiology professional services at a distance by linking clinician to client or clinician to clinician for assessment, intervention, and/or consultation."

What does that mean?

Therapy sessions will be provided using a HIPPA compliant online platform. The therapist and the client will be able to see and communicate with each other using cameras and microphones. The therapist may also be able share a screen with the client for interactive work using touchscreens or a mouse.

Who can receive teletherapy?

According to ASHA, "clinical services are based on the unique needs of each individual client, telepractice may not be appropriate in all circumstances or for all clients. Consider the client's culture, education level, age, other relevant characteristics, and the benefits and challenges of other service delivery models before initiating telepractice services. Telepractice may be the only service delivery model option available and offered to ensure continuity of services at times." The following page lists considerations from ASHA when determining if telepractice is appropriate.



TELETHERAPY CONSIDERATIONS

Physical and sensory characteristics, including:

- hearing ability
- visual ability (e.g. ability to see material on a computer monitor)
- manual dexterity (e.g. ability to operate keyboard if needed); and
- physical endurance (e.g. sitting tolerance)

Cognitive, behavioral, and/or motivational characteristics including:

- level of cognitive functioning
- ability to maintain attention (e.g. to a computer monitor)
- ability to sit in front of a camera and minimize extraneous movements to avoid compromising the image resolution; and
- willingness of the client and family/caregiver (as appropriate) to receive services via teletherapy

Communication characteristics, including:

- auditory comprehension
- literacy
- speech intelligibility
- cultural/linguistic variables; and
- availability of an interpreter

Client's support resources, including:

- availability of technology
- access to and availability of resources (e.g. computer, adequate bandwidth, facilitator)
- appropriate environment for telepractice (e.e. quiet room with minimal distractions); and
- ability of the client, caregiver, and/or facilitator to follow directions to operate and troubleshoot telepractice technology and transmission.” (ASHA)



TELETHERAPY TIPS FOR SUCCESS

- 1) Teletherapy is dependent on a parent or caregiver to facilitate each session. You will be **REQUIRED** to stay with the child during their session to assist and support them with given task. You must also be able to assist with any technical issues that may arise.
- 2) Make sure that you have the appropriate equipment necessary for teletherapy, including a computer or tablet with a video camera and microphone and high speed internet. Headphones can be helpful as well.
- 3) You may be asked for assistance to help manage any behaviors that may interfere with the therapy process such as refusals to participate, inattention, or other behaviors. It is important to work with the therapist to reinforce positive behaviors.
- 4) Be sure that the child is ready for the therapy session, including making sure that the child has eaten and used the bathroom prior to the therapy session. Please refrain from allowing drinks and snacks until after the session has ended unless otherwise directed by the therapist.
- 5) Be sure that the device you are using for the session is fully charged or is plugged in to a power source during the session. Make sure that the microphone and camera are on.
- 6) Be sure that the environment for therapy is well lit, quiet, and free from distractions. (e.g. TV is off, toys are put away unless otherwise specified, etc.)
- 7) Be mindful of your scheduled session time. Therapy sessions are often scheduled back to back and may not be able to be extended past the scheduled session time. Notify the therapist in advance if a cancellation is necessary.

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