



# WHAT IS TELETHERAPY?

## AND HOW TO MAKE IT A SUCCESS

TELETHERAPY IS THE ONLINE DELIVERY OF THERAPY SERVICES VIA VIDEO CONFERENCING. IT ALLOWS THERAPISTS TO CONDUCT THERAPY AT A DISTANCE WHEN FACE-TO-FACE CLINIC APPOINTMENTS ARE NOT POSSIBLE.

### WHAT DO SESSIONS "LOOK LIKE"

Think Skype or Facetime! Teletherapy sessions are essentially the same as when you are face-to-face with your therapist in the clinic, but instead just done over a computer from the comfort of your own home! During these sessions, you are able to see, hear, and interact with your therapist in real time. The therapist is able to screen share to show visuals, video content, therapy materials, and even games. Digital resources may be emailed to clients before sessions to allow for more interaction, and resources, when appropriate, can be sent for use during the session or home practise.

### WHAT EQUIPMENT IS NEEDED?

- Computer with web camera or tablet (with Zoom app)
- Headphones (optional)
- Mouse/Touchscreen
- High speed Internet
- Printer (*although not a requirement, if you have access to a printer your therapist can send you materials to print and use during your session*)



### WHAT DOES RESEARCH SAY?

The effectiveness of teletherapy is well documented, and studies show that children continue to show improved outcomes. Teletherapy is also supported by Speech Pathology Australia (SPA), the American Speech Language and Hearing Association (ASHA), Occupational Therapy Australia (OTA), and the Allied Health Practitioner Regulation Agency (AHPRA).

### THINGS YOU SHOULD KNOW: TIPS FOR PARENTS

- Remember, you are the hands on the other side of the screen. The therapist may require your help from time to time to ensure sessions are successful and fun! Parents should always be available to help a child if needed and to troubleshoot any technical difficulties.
- Your therapist may need your help to manage behaviours (e.g. inattention, refusals, outbursts). It's important to work together with your therapist to encourage and reward positive behaviours.
- A well set up therapy environment is essential for success. Ensure that your child has a quiet space that is well lit. Headphones are also a great addition (if available) as they can help your child to hear the therapist more clearly. Minimising distractions that may interfere with attention and concentration will also help sessions to be successful (i.e. any noise or visual distractions such as TV's, radios, siblings).
- Remember that even though we will not be in the clinic, appointment times are just as important. Please ensure that you're ready to go a few minutes before the start of session, and alert your therapist via phone or direct email should you be experiencing technical difficulties. If you forget to attend, or cancel last minute, our cancellation policy does apply.
- Before signing off, remember to ask your therapist about ways you can continue to develop skills at home. The best outcomes come when everyone is involved!