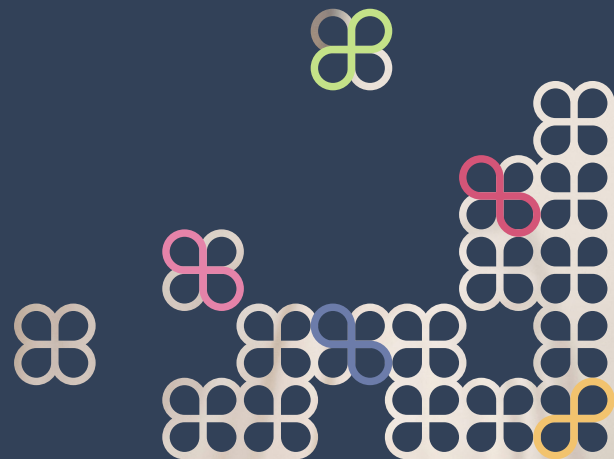


Telehealth vs In-Person Occupational Therapy Services

Know the facts



How do Occupational Therapist use Telehealth?

Occupational therapist and other allied health practitioners like speech therapists and physiotherapist use digital technologies such as the video platforms (like teams, google meet or zoom), email, video or via the phone to conduct assessments, evaluations, supervision or carry out therapy with clients.

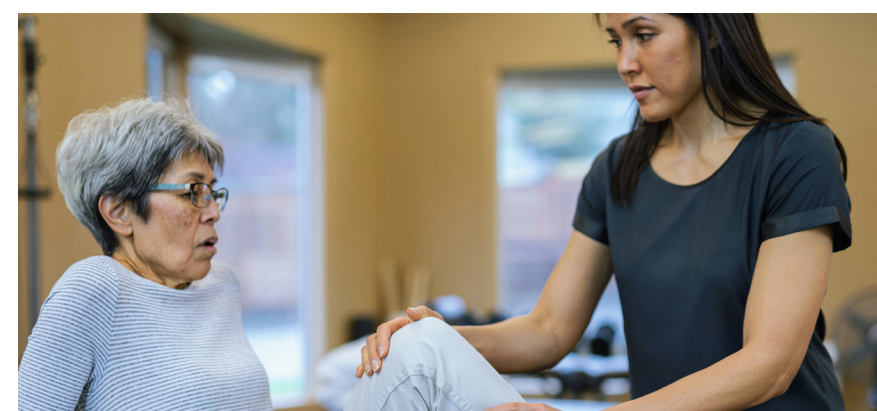
Benefits of Telehealth

- Avoid waitlists and access experienced high quality Occupational Therapists that you may not otherwise have access too
- Great for remote areas where access to services are limited
- Save on time and costs associated with practitioners travel
- Offers flexibility, consultations at the times that suit you



Worried About Engagement and Access Barriers

- Sessions are tailor-made and designed to be fun and interactive for our clients, particularly younger children to help achieve outcomes.
- Our friendly team can provide parents or caregivers with tools and strategies to help maximise the effectiveness of sessions prior to therapy commencing.
- Telehealth can be delivered via a smartphone, tablet, computer
- Internet access has greatly improved as has the stability and security of the platforms we use for our telehealth sessions. Remember that telehealth also can be provided via phone and supplemented with information via email, videos or other forms of digital communication should it be required.



Is Telehealth Really as Effective as In-Person?

While the traditional model of services has been in-person, the pandemic helped to redefine how many allied health services were delivered. Since then, research has demonstrated that occupational therapy delivered by telehealth can be as effective as in-person therapy. According to a study published in the Journal of Telemedicine and Telecare, clients receiving telehealth occupational therapy demonstrated comparable, if not superior, outcomes compared to those receiving in-person care.

Who is Telehealth suitable for?

- Telehealth can be an effective way to access allied health services particularly for clients that may have difficulty accessing the community, struggle with social engagement, are negatively affected by busy, noisy, distracting settings, or simply want to access high quality skilled professionals in the comfort of their own home, where they feel safe.
- Adults and children alike can quickly and easily navigate our telehealth platforms and our team of therapists can assist with any troubleshooting that maybe required.

Concerned about Privacy & Confidentiality?

At Agestrong Health Group, our client's privacy and confidentiality is paramount to us. As such you can rest assured that the platforms we use are totally secure and our friendly team will ensure that they carefully evaluate the suitability of the use of telehealth for the proposed assessment or therapy and also the environment and who maybe present during the session.

What Occupational Therapy Assessments Can Be Completed via Telehealth

- Comprehensive assessment such as Functional Capacity Assessments (FCA's), Independent/ Shared Living Assessments (SIL/ SDA'S), Cognitive and Behavioural assessments
- Development of new skills, activities of daily living, monitor skills being put into practice within the persons home/ work environment
- Most basic home safety, home modifications and assistive technology assessments and recommendations
- Educational Therapy – literacy, handwriting, reading, social skill building
- Basic equipment prescription such as recliner chairs or other seating, walking aids, wheelchair prescription, pressure relieving devices, showering/ bathing aids and other aids to assist daily living
- Caregiver training and education
- Therapy intervention and supervision
- Falls prevention
- Palliative care support
- Chronic pain management
- Stroke & neurological rehabilitation
- Cognitive assessment & retraining
- And much more

Need some extra reassurance that Telehealth works?

Here are some credible research studies that have demonstrated that occupational therapy (OT) delivered via telehealth can be as effective as in-person therapy.

Telehealth Interventions Within the Scope of OT Therapy: A Systematic Review

This paper concluded that telehealth interventions within the scope of occupational therapy practice are similarly effective as in-person interventions.



SCAN TO READ MORE

These sources collectively support the efficacy of telehealth in delivering occupational therapy services comparable to traditional in-person methods.

Is Telehealth for Me?

Technology

- ☐ Do you have access to the technology you need?
- ☐ Telehealth can be delivered via landline phone, smart phone, tablet, computer (desk/laptop) with inbuilt camera, access to internet.

Technology Confidence

- ☐ Do you feel confident to using your technology?
- ☐ This is not a barrier to using telehealth, a support person can assist you to access your care via telehealth.

Assistance/ Support

- ☐ Do you have someone that could assist you with setup or completing the telehealth session?
- ☐ We can assist in coordinating support person to assist you if you are unfamiliar or have difficulty using technology by yourself.

Appropriate Space

- ☐ Do you have access to an appropriate space?
- ☐ Space should be private, quiet, and free from interruptions.

Confidence in Telehealth

- ☐ Am I concerned or confident that telehealth is able to meet my healthcare needs?
- ☐ Acknowledging any concerns you may have is important, and our care team would love to speak with you further about any concerns you may have and provide you further information that can help reduce any concerns you may have.

Contact

We're here at Agestrong Health Group to assist you with all your occupational therapy requirements. Get in touch today to explore how our experts can help.

Contact us at 1300 851 639.