

# Telehealth Speech Therapy

Breaking barriers, building connections



## Effectiveness

### Is Telehealth Speech Therapy Effective?

Studies have shown that speech therapy can be effectively delivered via Telehealth and achieve similar results to more traditional in-home or clinic based in-person therapy for a range of speech, language, communication, and swallowing conditions. The World Health Organisation (WHO) has promoted telehealth as an effective way to assist in improving accessibility, timeliness and the delivery of high quality, cost-effective health care.



## Benefits

### of Speech Therapy via Telehealth

Telehealth Speech Pathology allows therapy to occur in a familiar and comfortable environment, often leading to:

**Reduced levels of stress and anxiety:** interacting with new people or learning new skills can be daunting, telehealth can take place in your safe space, allowing you to feel relaxed, less anxious, and feel more comfortable to engage.

**Allows you to revisit and practice:** Therapy techniques and activities can be easily recorded and replayed between sessions as many times as you like for faster skill development.

**Real-world application of skills:** Therapy sessions can be run within the home, workplace, or school environment. Practicing language and social communication strategies within your everyday settings, can lead to faster progress.

**Get your support team involved:** Including family members, teachers aids or support workers in your therapy sessions means everyone is on the same page, fosters greater collaboration and more effective support.

This personalised approach creates a dynamic learning environment that caters to each individual's needs.

## Access

### Breaking Down the Barriers to Accessibility & Flexibility

One of the most significant advantages of telehealth speech pathology is its accessibility. If you find yourself:

#### Struggling with hour long sessions?

No problems. With telehealth our therapist can offer shorter assessment or therapy session durations (15 minutes, 30 minutes, 45 minutes), saving you money and maximising your therapy when you're at your best.

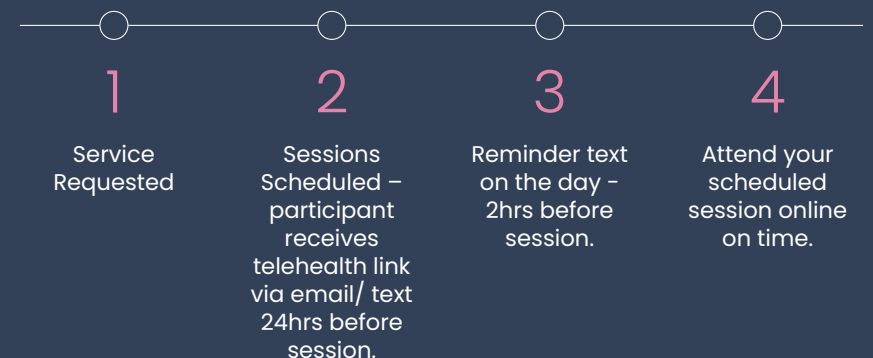
**Living in a remote area?** Get off the waiting list today. Connect with a therapist via telehealth sooner and save yourself money by eliminating the hassle of travel time and costs.

**Busy schedule?** Telehealth fits seamlessly into your life. Enjoy flexible appointment times without impacting work or family commitments.

**Difficulties Getting Out?** Telehealth allows you to access therapy without ever having to leave the comforts of your own home.



## Steps to effectiveness

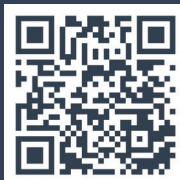




## Contact

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

**Contact us at 1300 851 639.**



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