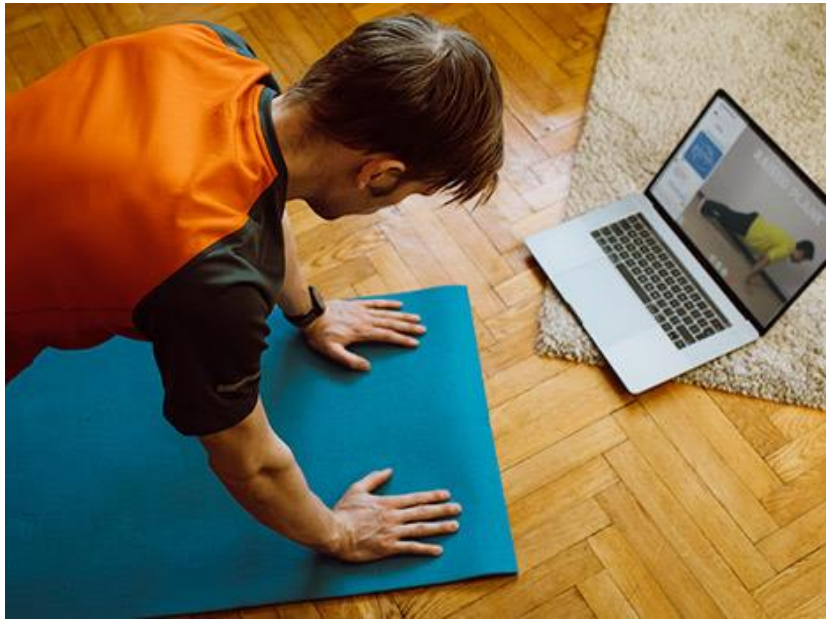
Telehealth / Telerehab

1. Positives and ideas which work
2. Caught by surprise
3. Best to avoid
4. Outcomes



Milestones

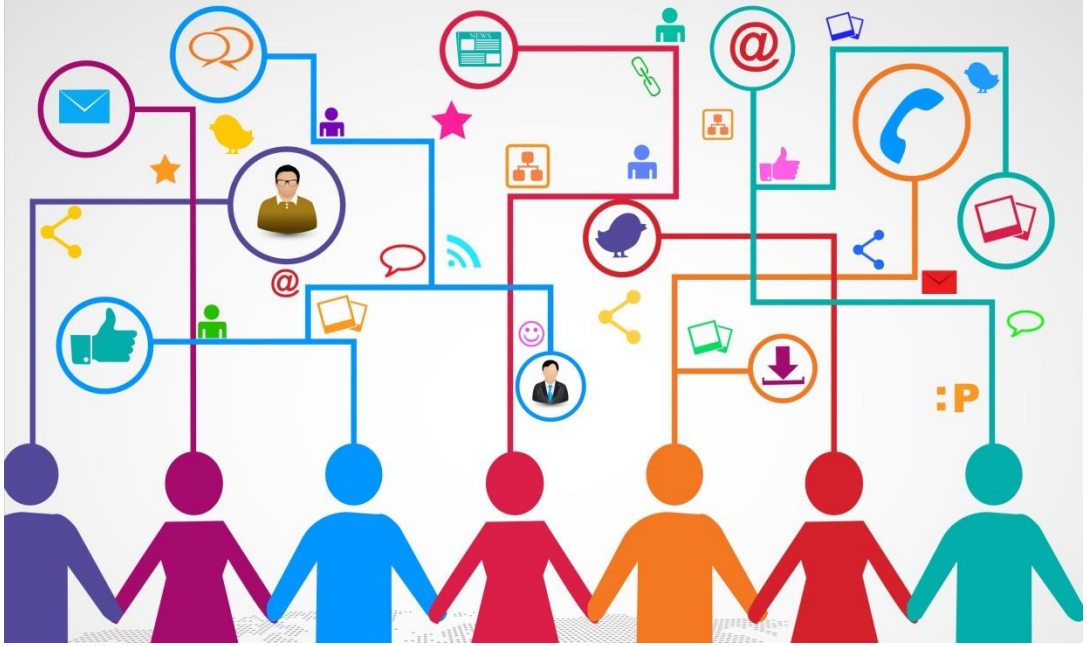
1. Positives and ideas which work

Communication

- Time
- Appropriate platform
- Cognitive-communication competence

https://doi.org/10.1080/02699052.2017.1379613

- Body language
- Follow-up

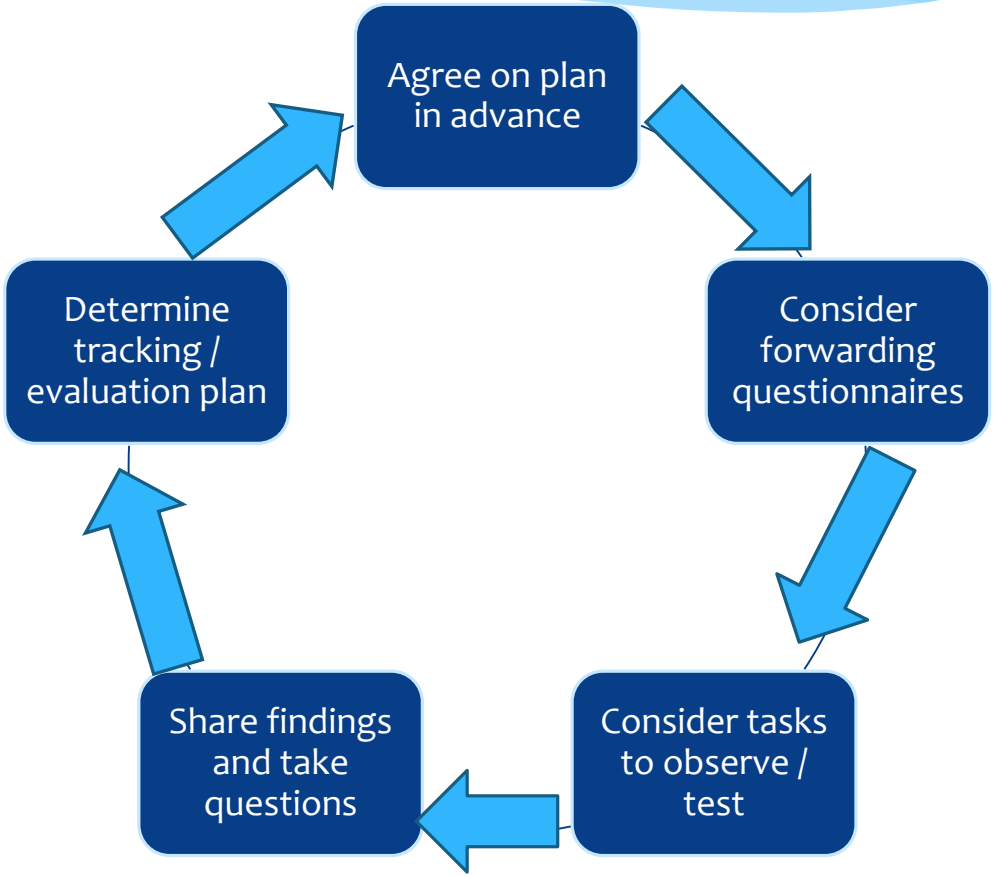


Milestones

Clarity

Setting the scene

- Logistics
- Environment
- Note taking
- Time
- Demonstrating



Cognitive implications

- Environment – nature of demand
- Attention ‘load’ & central peripheral integration
- Stress and anxiety
- Auditory processing

Collaborative working

- More balanced working partnership
- Self-management support www.bridgesselfmanagement.org.uk/covid-19-resources
- Supporting families, carers and support workers
- Home environment
- Shared learning
- IDT working & key worker role

Milestones

2. Caught by surprise

- Observational skills
- New working environment → new skills, can miss entirety
- Less instinctive / tiring
- Positive results even with complex cases
- Level of engagement and participation
- Opportunity for change

3. Best to avoid

- Distractions
- Debates
- Mismanaged large MDT meetings
- Poor planning
- Time constraints
- Future issues - assessments

4. Outcomes

- Quality of interaction > volume
- Self-efficacy and self-confidence
- Video footage
- Functional achievements
- Pitfalls
- Service development