



SPOT on DD
SPEECH PATHOLOGISTS, PHYSIOTHERAPISTS, AND
OCCUPATIONAL THERAPISTS ON DEVELOPMENTAL DISABILITIES

Telepractice for children with complex disability

6th February 2018
7–8.30 pm
Webinar

Telepractice for children with complex disability

Presented by
Dr Monique Hines
Faculty of Health Sciences






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SPEECH PATHOLOGISTS, PHYSIOTHERAPISTS, AND
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Telepractice for children with complex disability

Poll


Go to **Socrative.com**

Enter room as a student
Type in **IEOZG4FH**
Complete the questions

Wobbly Hub Project: What we heard from carers
Long waiting lists & travelling for therapy

“
How long have we been talking about speech pathology! My son is now 32 ... In the strategic plan that's always been one of the top priorities, not having access.

“
It's taken its toll definitely financially. It's been a massive, because we haven't had to pay for therapy, but we've had to pay for the travel and the accommodation.





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Telepractice for children with complex disability

ACKNOWLEDGEMENT OF COUNTRY

What do carers think about telepractice?

 **113 (72%)** would consider using technology to receive therapy

“
The whole teletherapy thing has been brilliant. It's just enabled us to access something that we couldn't.

 **93%** could access the internet at the place where the person(s) they care for lives.

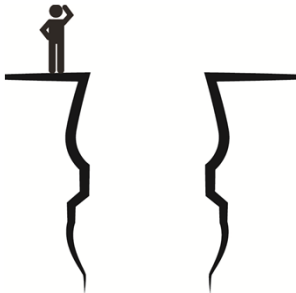
“
What they're going to get out of it, just as a bloody experience mate, they're Skyping. He's talking to someone in Sydney, it's fantastic.

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What do allied health professionals think about telepractice?

“ I'm amazed how something so different is so similar at the same time.




“ It's something that possibly [we] should look at moving the model to... I just think that the telehealth is much more feasible in terms of doses of therapy, therapy quality, just all those sort of things.



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🎯 Aim

- To what extent can quality OT and SP services be provided via telepractice to children with disability and their families?
- What are the essential components of successful telepractice models?

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🔍 What is the evidence?

- ✓ Evidence is mounting
 - Lower levels of evidence
 - As effective as face-to-face services
 - Feasible
 - Highly acceptable to consumers
- ? Difficult to translate results from discrete treatment programs to interventions for people with disabilities
 - How can AHPs deliver:
 - ? Telepractice services equivalent in quality to face-to-face?
 - ? Person-centred therapy embedded in daily routines without being physically present?
 - ? 'Hands-on' therapies?

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👶 Children

5 – 8 years

Residence:

- Inner regional Victoria (n = 1)
- Remote (n = 1), very remote NT (n = 2)


Diagnosis: Autism (n = 4), genetic disorder (n = 1)

Funding:

- HCWA (n = 3); NDIS (n = 1)

Goals: SP (n = 1); OT (n = 4)

- Self-care (i.e., toileting) (n = 2)
- Social skills (n = 2)
- Emotional wellbeing (n = 2)
- Fine motor, handwriting (n = 2)
- Communication (n = 1)



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What are your burning questions about telepractice?

Poll

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📊 Process data

43 billable occasions of service

🖥️ Technology

- No issues: n = 32
- Minor issues: n = 10
- Session abandoned: n = 1

🏠 Location

- School: n = 23
- Family home: n = 16
- Public library: n = 2
- Clinic room: n = 1
- Whilst on holiday: n = 1

👤 Attendance

- Parent only: n = 23
- School only (e.g., teacher, principal, teacher's aide): n = 13
- Other family member (i.e., older sibling): n = 4
- Parent and school: n = 3

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Outcomes

Children achieved functional outcomes

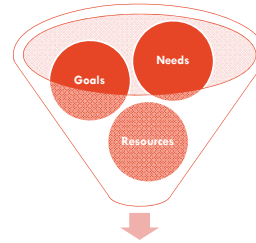


It's definitely helped him access tools to help with his anxiety. He is starting to put some of those in place on his own. For instance, he was doing golf lessons at the time, and his participation in sports is quite challenging because he gets overwhelmed quickly. I actually observed him putting the OT tools into place, which meant he was participating more when he was attending his golf lessons.

Person-centred practice

No two telepractice models may be alike

Telepractice components are tailored to person with disability and their family



- ✓ Location
- ✓ Who is involved
- ✓ What technology is used
- ✓ Mode of service delivery

Tailored telepractice model

Outcomes

Carers felt supported and developed skills



This is very new to us, how to help my son. Before the first two or three sessions, I was getting emotional. I didn't know what to do. I didn't have any idea. But now I'm also learning: how to read to my son, how to write with him, how to ask him questions, how to interact. I learned quite a lot from the speech pathologist actually. I am feeling more confident to help him.



The hallmarks of quality telepractice



Therapeutic relationships with children


Telepractice is enabled by, and builds strong collaborative relationships

- Concerns about therapeutic alliance diminish once therapists have experience with telehealth (Hines et al., 2015)
- No difference between F2F and telehealth for therapeutic alliance in speech pathology (Freckmann, Hines, & Lincoln, 2015) or mental health services (Sucala, et al., 2012).
- Enables therapy in familiar environments
- Capitalises on interest in technology
- Effective problem solving can address difficulties engaging children

Therapeutic relationships with children

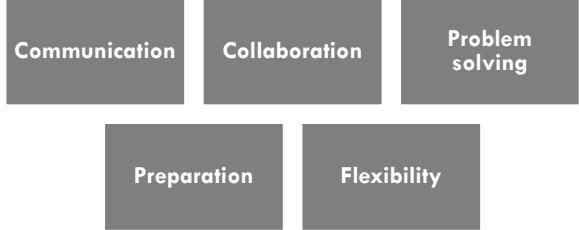
Telepractice is enabled by, and builds strong collaborative relationships

Incorporating children's interests in activities
 Visual schedules
 Change tasks
 Physical tasks, use manipulatives
 Rest or active breaks
 Make use of VC functions



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Skilled allied health professionals



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Therapeutic relationships with carers

Telepractice is enabled by, and builds strong collaborative relationships

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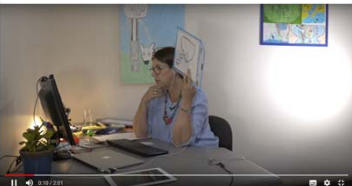
Essential 'behind-the-scenes' work



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It's not (just) about the technology

Technology is just a vehicle for service delivery



You **DON'T** need:

- Specialised equipment
- Advanced tech skills
- Perfect internet connectivity

You **DO** need:

- Basic level of tech skills
- Ability to learn tech skills
- Ability to troubleshoot
- Ability to support families with tech
- Consider multiple tech modes

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Consider a 'proof of concept' demonstration phase

Some may need convincing of the feasibility of telepractice

Practice using technology platform
 Demonstrate therapy approaches
 Show how to engage children online
 Select/trial different telepractice components for most positive outcomes

““
We did a trial session so that she could become comfortable with the technology and see how it might work. In that session, I'm also demonstrating how I can engage with the child online, showing them that actually this works. I want the child to have lots of fun. Parents feel better about it if the child's engaging easily and feeling good.
 ““
Many families that start therapy from a diagnosis often don't understand what the role of an OT is and how therapy works anyway. So to try to do that by telepractice wasn't easy to transfer initially.

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Take home messages

- Telepractice is a legitimate choice for disability services – not a last resort
- Quality telepractice supports person-centred approaches consistent with contemporary practice
- Excellence in telepractice is enabled by skilled therapists who develop strong partnerships with carers and others in delivering services



Contact us

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Want more information?

Find out about our research (including our video on telepractice facts coming soon!) from the Wobbly Hub Rural Research Team website:

sydney.edu.au/health-sciences/research/wobbly-hub/



Telepractice for children with complex Disability

- ▶ Thank You
- ▶ Just a note that your SPOTonDD membership is now a year from your joining date not for the financial year as it was previously.
- ▶ Upcoming SPOTonDD events
 - ▶ March - Leanna Fox presenting on alternative access for AAC
 - ▶ Vision and Gross Motor
 - ▶ Workshop on NDIS reports