



WHAT YOU NEED FOR TELETHERAPY

Getting prepared for teletherapy sessions

VIDEO DEVICE



For therapy, you will need a tablet (e.g., an iPad, an Android tablet), laptop, or desktop computer with a camera, mic, and speakers. If your child uses a communication device, ideally the therapy would be conducted on an alternative device. (It is possible to do it from a smartphone; however, it is not an ideal screen size.)



A LOCATION IN WHICH THERAPY CAN BE CONDUCTED

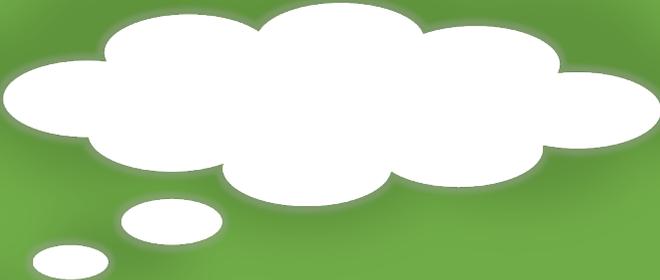
Choose a location in your home that is free from distractions, pets, etc. that may interrupt the therapy session. You and the therapist can discuss what may be helpful to have in the therapy area for your child.



POSITIONING THAT WORKS FOR YOUR CHILD

Determine positioning in which your child can participate – this will be different for each child. It may be at a desk, at a table, or even on the floor, as long as the video device location is considered. We generally recommend that this be the same learning area for each therapy session. Know that your therapist will be flexible in learning where the best place might be for you and your child!

Our therapists are happy to problem-solve with you through any difficulties or barriers. Remote therapy is a collaborative effort!



WHAT TO KNOW ABOUT TELETHERAPY IN THE HOME

Treatment may occur in the following formats:



DIRECT TREATMENT: The therapist will work directly with your child, and you may be asked to support your child during the session.



COACHING: The therapist describes, explains, or clarifies therapeutic ideas and strategies. In this format, your child may not be actively engaged.



OBSERVATION: Within a session, a therapist may observe your child or you with your child during a pre-planned or naturally occurring activity, routine, or behavior, and then provide therapeutic feedback around that specific context.



AT/AAC PROGRAMMING: If your child has a communication device or would benefit from technological supports, some sessions may walk through how to program pages, buttons, or tools.

Depending on your child's needs and goals, some or all of the above formats may be used in teletherapy sessions.