

## SSLT Tele-therapy / Non face to face contact Policy

### What is it?

Telehealth or Teletherapy is the remote provision of healthcare services using technology. This isn't a new way of delivering services – in various countries such as Australia and the USA, distance intervention has been common place for a while.

### Why now?

Surrey Speech Therapy (SST) Ltd prides itself on offering personalised face to face assessment and therapy sessions in locations where children are most comfortable and in their usual environment: their home, school or nursery.

In light of the Coronavirus outbreak in March 2020, SST has had to think creatively about how it can continue to offer therapy and support to children and their families, at a distance. Hence the development of this policy.

### What it looks like?

SST loves working with families and wants to keep doing this for as long as possible but these are the options if we're unable to meet with you face to face.

### NON FACE TO FACE CONTACT OPTIONS

#### 1. Interactive Video Calls and Therapy:

This has been used effectively by many therapists, even with very young children! It is, in essence, the same as a traditional therapy session.

The therapist will use *Zoom* as it has the facility to share resources easily via 'screen share'.

Preparation: 10-15 minutes.

Session: 40-45 minutes.

#### *Preparation:*

#### The parents/caregivers –

The therapist will send you a Zoom meeting link and password. Print resources (if required). Think about 3 pieces of information you/your child can share with the therapist, get some toys/activities ready, as requested by the therapist. Tell the therapist which toys you have available at home.

Make sure your child will be settled and comfy e.g. sitting on their own chair/beanbag, or with their favourite cuddly toy.

The therapist – will plan the therapy activities and may send you pictures and resources prior to the session, to use in the session.

*The session itself:*

- Warm up: this may include speech sound practice and the therapist modelling cued articulation to cue the child in. Or the therapist showing an attention-grabbing activity or the child/parent sharing 3 pieces of news (the therapist will use visuals to support this).
- The therapy activities: The therapist may use her own e.g. Pop up Pirate – the child will choose a coloured sword, say a word, and then the therapist pops it in. The therapist will use Makaton signs and symbols often to support understanding and expressive communication.

## 2. Email

The therapist creates a range of personalised therapy resources, linked to the child's targets with an explanation (in writing) on how to use them and emails (or if you don't have a printer, posts them) to you.

Preparation/making/sending:  
30-40 minutes.

## 3. Phone calls / WhatsApp Video Calls with *parents only*.

The therapist arranges a mutually convenient time to phone you each week (maybe in the evening, once children are in bed) to discuss progress and give you therapy ideas based on what you have in your home, if required.