





Concepts of Learning

- Specificity
- Complexity
- Repetition
- Coaching/Support

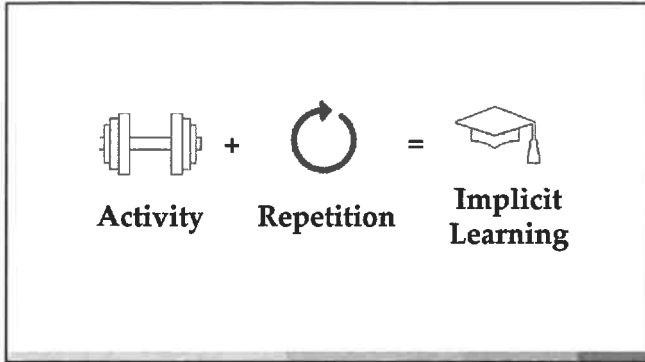
Consider the Variables.

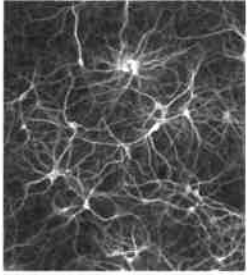
Memory is one of the main factors in the learning process, and this influences the teaching approach.





Memory **Reasoning** **Explicit Learning**



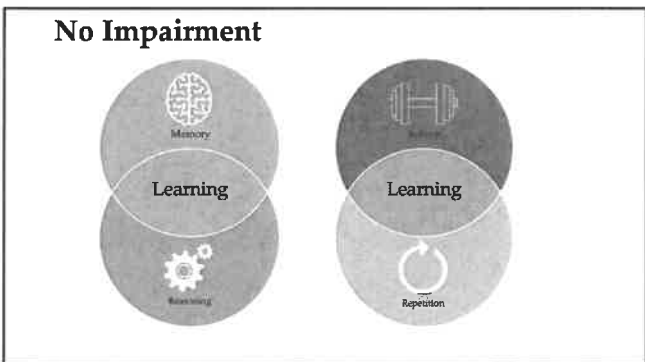


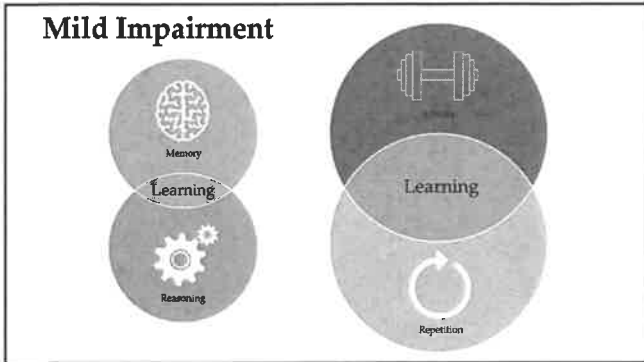
Neuroplasticity

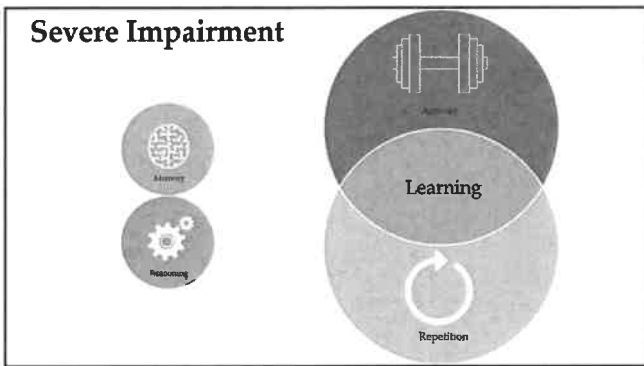
The Brain Changes

The brain reorganizes itself by forming new connections.

- Physical, cognitive, emotional
- Requires repetition and practice
- Routines and learning can be positive or negative







Errorless Learning

- Repetition
- Consistency
- Adequate Support
- Real-life tasks
- No errors



CONNECTING THERAPY TO LIFE
Meaningful, individualized, and engaging
therapy in the client's environment.



TECHNOLOGY
Has created a fundamental
shift in how we think and act.



Get With The Times
Fax? Why don't you just send it over on a dinosaur?

TeleRehabilitation

The Future is Here

- Access to expertise and specialty care
- Continuity of care
- Contextual training environment
- Convenience
 - Reduced travel time/cost
 - Improved compliance
- Accountability and responsibility

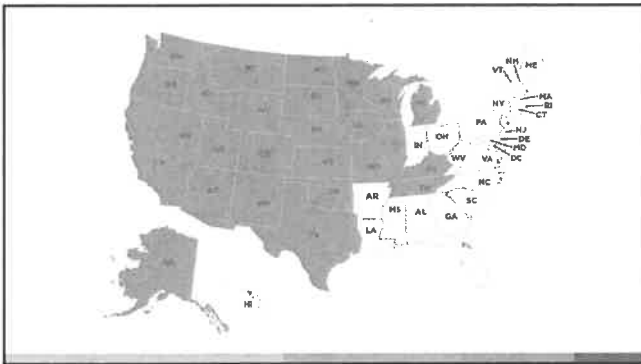


Technology Fail
I changed my passwords to "Incorrect." So whenever I forget it, it will tell me "Your password is Incorrect."

TeleRehabilitation

Barriers to Adoption

- Traditional therapy
- Unsure of capabilities
- Quality of care & objectivity
- Supporting outcome measures
- Technology
- WiFi/Cellular connectivity
- Public policy, regulation, & funding






1 Connect



2 Process



3 Back to life




Connect
Access to Expertise
Considerations for an appropriate referral.

- Diagnoses
 - Brain Injury (BI)
 - Spinal Cord Injury (SCI)
 - Other neurological injuries
 - Amputation and limb loss


Connect
Specific to Client's Needs
In person and virtual assessments determine the service delivery approach.


- Therapy disciplines involved
- Clear & measurable goals
- Therapy duration/frequency



Connect
Specific to Client's Needs

- In person and virtual assessments determine the service delivery approach.
- Collaboration among disciplines to outline clear & measurable goals
- Appropriate duration/frequency






Connect
Access to Expertise
Considerations for an appropriate client

- Community based level of care
- Rural v. metropolitan location
- Caregiver/clinician consultation

Assessment
Specific to Client's Needs
In person and virtual assessments determine the service delivery approach.



- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Psychology



Technology Platform
Reliable Video Conferencing
Easy to start, join, and collaborate.

- Platform
 - Full service platform
 - Video conferencing platform
- Video recording capabilities
- Collaborative tools
- Encrypted/HIPPA compliant
- Chat features

Hardware and Technology

Accessible and Convenient

Mobile and functional therapy environment.

- Phone/Tablet based
- Cellular data plan
- Device mounts/equipment
- Wireless headphones
- Remote site requirements



Clinical Principles

- Preparation
- Camera orientation
- Environmental considerations
- Technology training
- IT Troubleshooting



Concepts of Learning

- Specificity
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Connect

Specific to Client's Needs

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Psychology



Therapeutic Application

Occupational Therapy

- Independent living skills training (i.e. toileting routine, dressing, cooking)
- Vision therapy
- Environmental accessibility & adaptation consultation
- Adaptive device and accessibility recommendations and training
- Fine motor & sensory integration training

Therapeutic Application

Speech Therapy

- Expressive and receptive language treatment
- Formal speech intervention
- Cognitive rehabilitation (i.e. attention, memory, problem solving, awareness, and safety)
- Life Skills training (i.e. social skills, planning, organization, & budgeting)
- Exploration of purposeful daily activities

Therapeutic Application

Physical Therapy

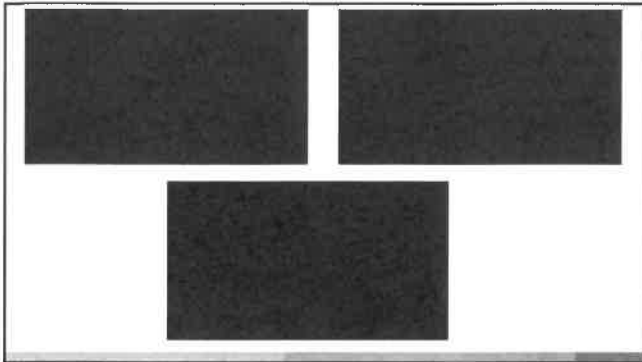
- Gait, functional mobility, and endurance training
- Movement disorders
- Musculoskeletal impairments
- Pain treatment
- Health and Wellness

Therapeutic Application

Psychology

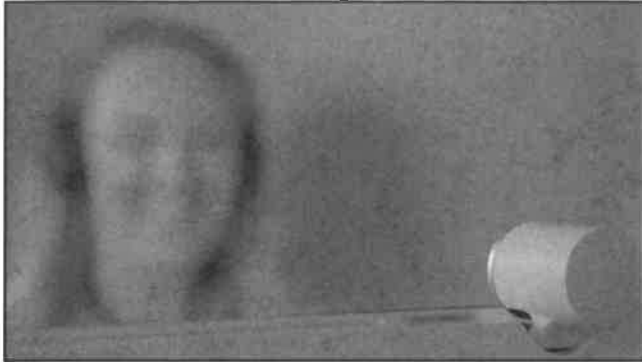
- Post-concussive treatment
- Family dynamics and social relationships
- Coping and adjustment after a life-changing event
- Skilled therapy (i.e. Cognitive Behavioral Therapy)
- Emotional health and wellness














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 **Resources**

Vioothuis JDM, et al. (2019) Caregiver-mediated exercises with e-health support for early supported discharge after stroke (CARE4STROKE): A randomized controlled trial

Russell (2009). Telerehabilitation: a coming of age. Australian Physiotherapy Association (Vol 55).

