

Telepractice: A real choice for quality therapy services in rural areas

Presented by

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Acknowledgement of Country



Acknowledgement of Team

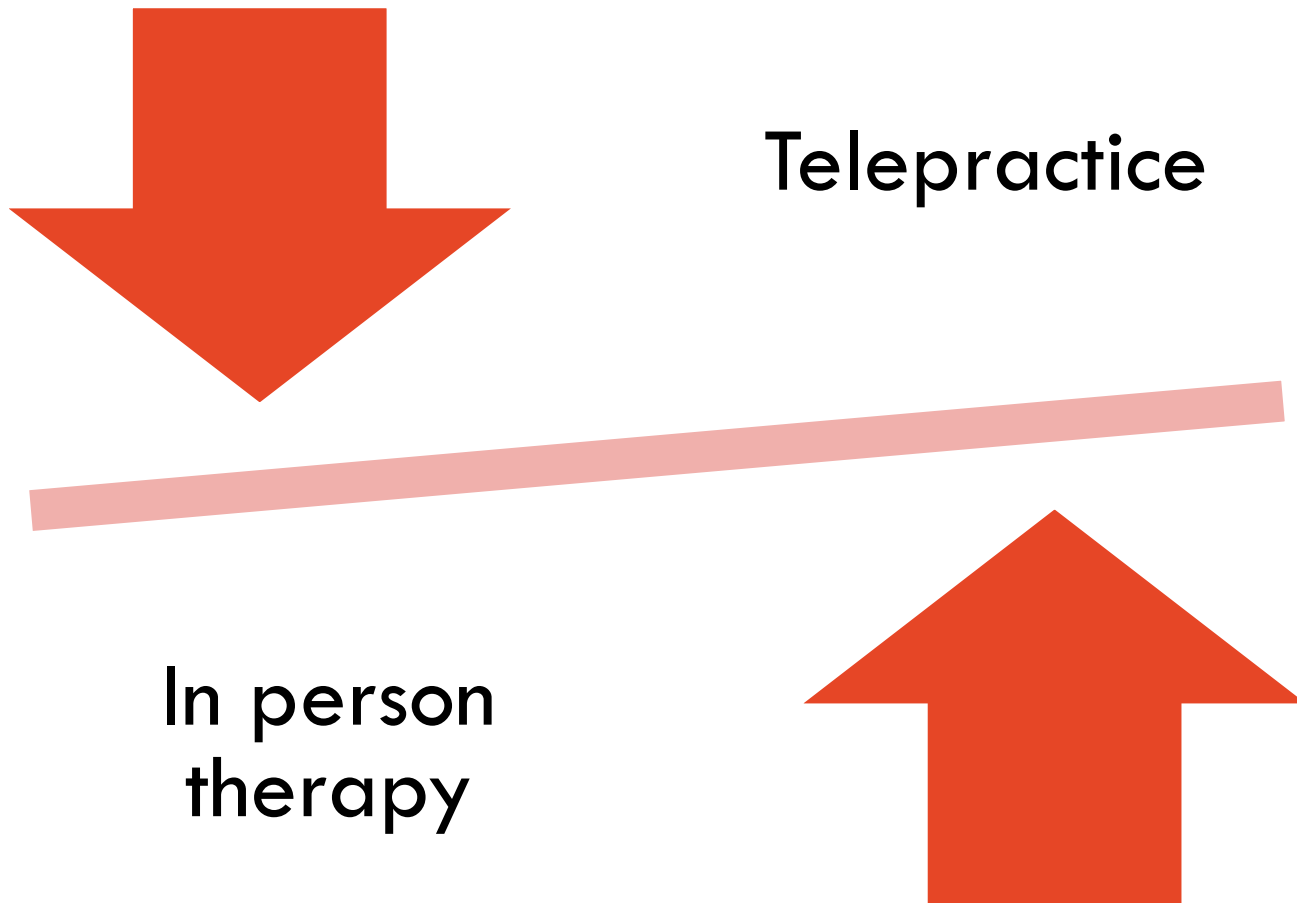
- Dr Monique Hines - Project Leader; Faculty of Health Sciences, University of Sydney
- Professor Michelle Lincoln – Faculty of Health Sciences, University of Sydney/University of Canberra
- Simone Dudley – Director, TherapyConnect
- Sue Cameron – Director, TherapyConnect
- Participants in the research
- Funding from the auDA foundation.



Why do we care about this?

- Poor access to allied health services in rural and remote areas
- The NDIS offers opportunities for telepractice
- Telepractice has potential as yet unrealised
- Little evidence with people with disability with multiple needs
- Little evidence in natural settings
- AHP's have concerns about telepractice
- Families are unfamiliar, but open

Providing information to promote choices



 **Aim**

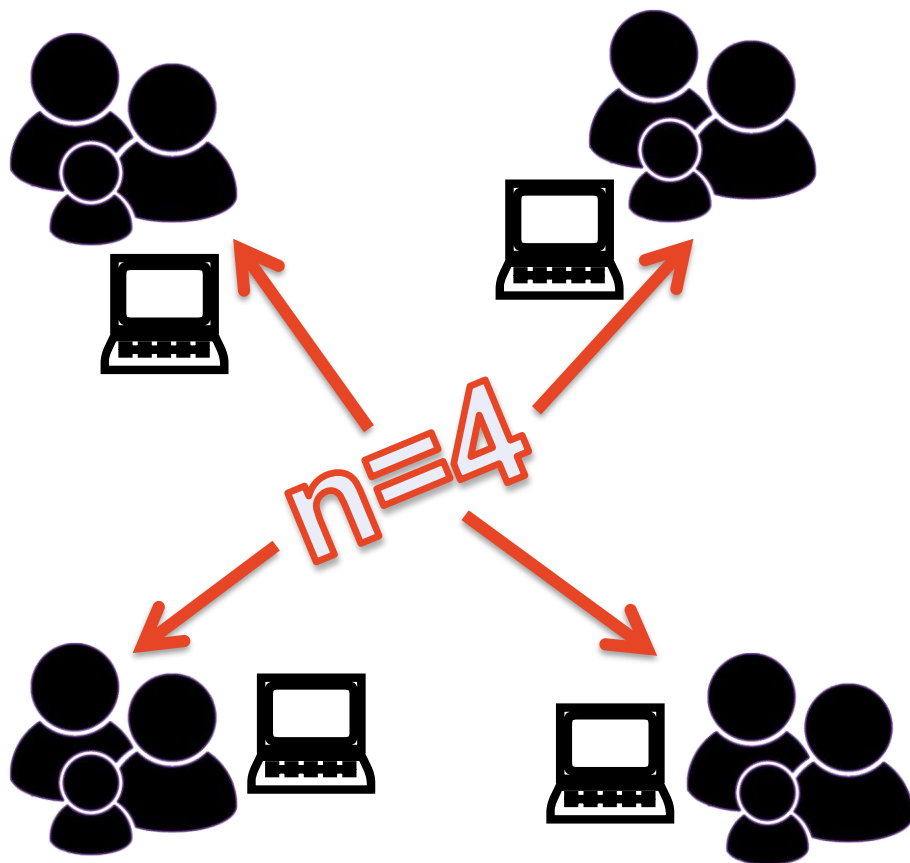
1. To what extent can quality OT and SP services be provided via telepractice to children with disability and families?
2. What are the essential components of successful telepractice models?





Methodology – How did we do the research?

In-depth case studies



Therapy outcomes:

*Attainment of therapy goals
e.g., COPM, GAS*

Process data:

*Duration and location of sessions
Tech problems
Attendance
AHP time spent in unbillable tasks
Additional costs*

Interviews:

Parents, significant others, AHP

Who took part in the research?

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 ($n = 4$)



Focus on interview findings

– Spoke with:

- Parents (n=4)
- Therapists (n=2)
- Other team member (n=1)

Themes:

Journey to
acceptance

Person
centred
practice

Relationship
based

Role of
technology

Skilled AHP's

Journey to acceptance of telepractice

“I actually think it was really really good...I think he is getting a lot more out of it now even though it is teleconference as opposed to face-to-face.”

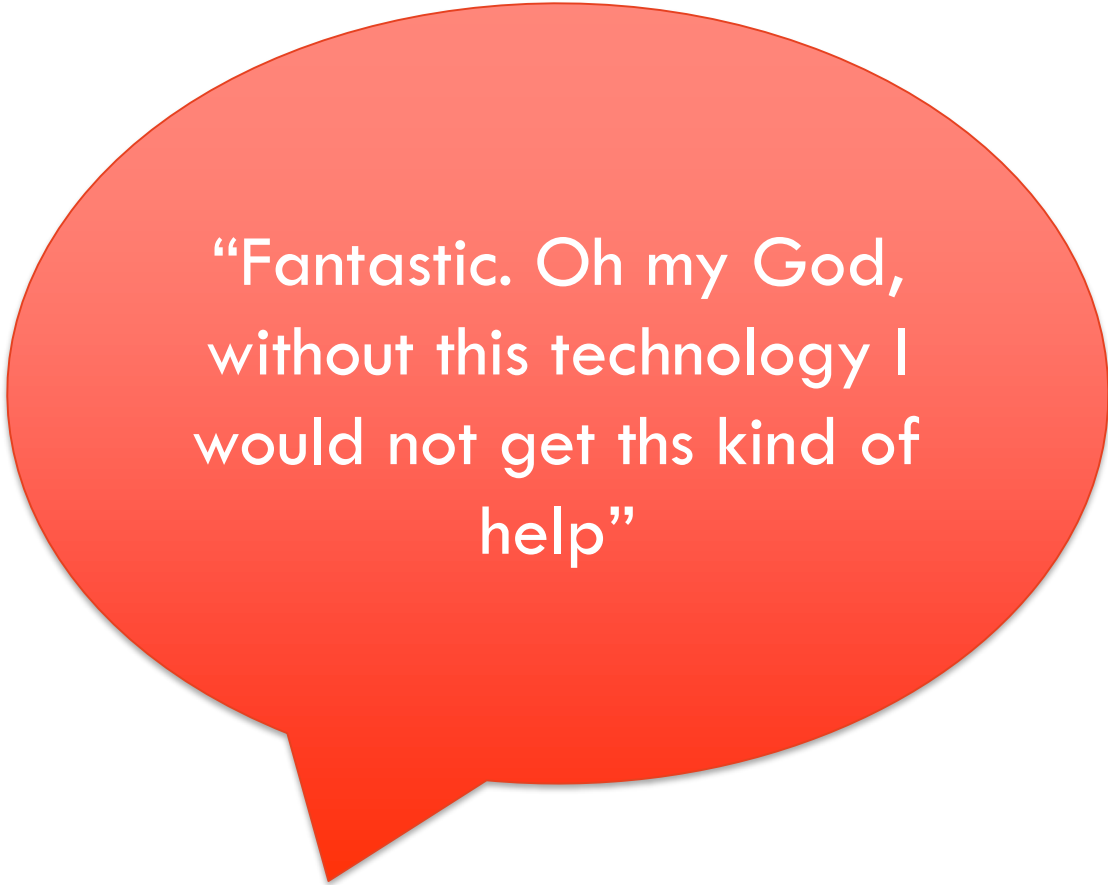
Consistency with person centred practice

“Being In his home environment, ot having the stresses of getting to an appointment or being in an unfamiliar space, put him in a relaxed frame to better receive help with anxiety because he wasn’t at a heightened state of anxiety to start with.”

Relationship based nature of telepractice

“Some things are amazing – being able to hand the mouse [control] over is really engaging for a child, for a child to be able to control and put marks on a resource that you’re screen sharing...”

Role of technology as vehicle for service delivery



“Fantastic. Oh my God,
without this technology I
would not get the kind of
help”

Skilled AHP's

- Person centred
- Attuned to client needs
- Good clinical reasoning
- Good communication
- Problem solving skills
- Preparation for sessions
- Flexibility
- Collaboration
- Therapeutic relationship
- Negotiation skills

Positive preliminary findings

- Acceptable
- Feasible
- Improved goal attainment
- Access to services
- Choices about services
- Consistent with contemporary models of service



Telepractice guidelines

https://sydney.edu.au/content/dam/corporate/documents/faculty-of-medicine-and-health/research/centres-institutes-groups/cdrp/telepractice-guidelines_final.pdf



Telepractice for children with complex disability

Guidelines for quality allied health services



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ORIGINAL ARTICLE



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Delivering Quality Allied Health Services to Children with Complex Disability via Telepractice: Lessons Learned from Four Case Studies

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Telepractice Myths

<https://sydney.edu.au/medicine-health/our-research/research-centres/centre-for-disability-research-and-policy/disability-workforce.html>



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Telepractice

A legitimate choice for quality disability services.

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Therapy Connect: Sue Cameron and Simone Dudley



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**Disability Workforce Stream;
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Want more information?

Download our project brief,
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<https://sydney.edu.au/medicine-health/our-research/research-centres/centre-for-disability-research-and-policy/disability-workforce.html>