

## **Pediatric OT Tele-health Session Outline**

- ❑ **STEP 1: Plan Ahead**
- ❑ **STEP 2: Email Parents Ahead of Time** (see email template)
- ❑ **STEP 3: Connect at Start of Session** (5 mins)
- ❑ **STEP 4: Explain the Plan** (5 mins)
- ❑ **STEP 5: Work your Magic** (30-45 mins)
- ❑ **STEP 6: Wrap-up** (5 mins)

### **STEP 1: Plan ahead**

- Think about some activities ahead of time that will address the child's goals
- Include at least something that will allow for gross motor movement and something sit-down (either floor play or table-top)
- Compile a list of basic supplies or household items that you know or suspect this family has; consider furniture (table & chair, blanket, laundry basket), craft supplies (scissors, paper, glue, crayons/markers), painter's tape or masking tape, toys (ball, blocks, puzzles).
- Consider handouts that might support any of the child's goals and/or websites from which a parent might be able to access free printables such as:  
[www.inspiredtreehouse.com](http://www.inspiredtreehouse.com), [www.toolstogrow.com](http://www.toolstogrow.com)

### **STEP 2: Instruct - email parents 1-2 days ahead of time (see email template)**

### **STEP 3: Connect - with the child and the parent (first 5 mins)**

- Ask the parent/child to show you around the room using their device
- Ask questions about something you see in the room that is somewhat personal to the child i.e. a toy you see, a picture they made, a sibling in the room etc.
- Verbally acknowledge for the child how it's different to "see you" on the device instead of "at my office" or "where we usually play"
- Verbally and briefly check-in with the parent

### **STEP 4: Explain the Plan - You might consider the following but find your own style**



- **Set the stage and normalize...** *"Today will be just like a regular OT session in that we will do a bunch of activities..."*
- **Agenda...** *"we will start with gross motor/"big play", move into fine motor/sit-down play, and we'll be flexible throughout if any ideas come up for me."*
- **Define the parent/therapist roles...** *"I will coach you on set-up of the activities and what to do or say and you will be the play partner. It's just a little different from OT at the office because I'll be working through you instead of doing it myself."*
- **Set the tone/verbalize the benefits of tele-health...** *"I'm actually really excited to try this and to do sessions this way because*
  - *now I really get to see (child's name) at home and how they do things*
  - *it's being a part of interactions you guys might normally be having*
  - *I get to use what you use every day*
  - *we REALLY get to work together*
- **Reassurance & Manage expectations...** *"I may ask you to get something, or to pause or to move the device so I can see but we'll figure it out as we go. Feel free to ask me questions if something doesn't seem to be working."*

#### **STEP 5: Work your Magic**

#### **STEP 6: Wrap-up**

- **Verbalize positives to the parent** - tell the parent at least one thing the child did well during the session and one thing the parent did well during the session
- **Verbalize lessons** - if you and/or the parent learned anything about how to make logistics of the session run more smoothly, then state them here so the next session can run smoothly
- **Assign homework** if applicable
- **State the plan** - tell the parent and child the plan for "next time" based on today's session
- **Re-state Enthusiasm** - thank the parent for welcoming you into their home in this way and remind them of how glad you are to be able to keep working together and how this format actually helps you in ways that clinic sessions can't