

TELEREHAB DECISION-MAKING TOOL



Intro to
Telerehab

A CLIENT + WHĀNAU

This section is designed to guide you and your whānau through what is important to you, your rehab needs, and your preferences for accessing rehab. Reflecting on these aspects may help you decide if telerehab could work for you. You can go through these on your own or with your health professional.

STEP 1: WHO

WHO ARE YOU AND WHAT IS IMPORTANT TO YOU?



What are your care needs and preferences?



What are your unique and specific circumstances?

STEP 2: WHAT

WHAT DOES REHAB LOOK LIKE FOR YOU?



What key things do you want to get out of rehab?



What expectations do you have about what rehab is likely to involve?

STEP 3: HOW

HOW WILL REHAB WORK BEST FOR YOU?



LOCATION

What matters to you when choosing a rehab location?

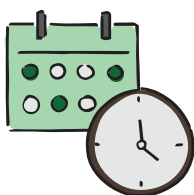
What type of environment would help you feel the most at ease during your rehab (home, clinic, or somewhere else)?



TEAM

Who else would you like to be involved in your rehab?

What additional health professionals, apart from your rehab team, should be involved or would benefit from being updated on your rehab progress?



TIMING

What days or time of day is rehab more effective or doable for you?

What other things might you need to work around?



ACCESS

Is there anything about you or your current circumstances that might make it easier or harder for you to take part in rehab activities?