

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?

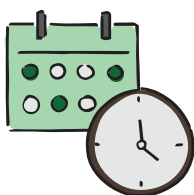
What type of environment would help you feel the most at ease during your rehab (home, clinic, or somewhere else)?



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?

How to use
this tool



STEP 1 : WHO

What are your care needs and preferences?

Consider what you value most when you are accessing healthcare e.g. your cultural needs and preferences, how professionals behave and interact with you, how you like to be treated, what type of relationship you prefer to have with your health providers, etc.

STEP 2: WHAT

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

Consider what is most important to you in your recovery. Are there specific goals you're working towards — for example, regaining certain abilities, feeling more confident, getting back to work or family life, etc.

What are your unique and specific circumstances?

Consider what is going on for you right now that might impact your engagement with rehab e.g. your emotional and physical needs, concerns about safety, worries you have about your rehab and what it might involve, other things going on for you at home, etc.

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

Think about what the rehab process might be. Are you expecting structured appointments, home exercises, regular check-ins, or a certain level of support? What have you've been told or assumed that might shape your expectations?

STEP 3: 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?

Think about where you feel comfortable and safe (home, clinic, or somewhere else?) Consider what kind of environment helps you feel at ease (such as privacy, noise levels, distractions, familiarity, or who is around). Are there locations that better support your cultural, spiritual, or emotional needs?

TIMING

What days or time of day is rehab more effective or doable for you? What other things might you need to work around?

Think about your daily routines, energy levels, and any responsibilities or competing demands (health, work, study, or children). Are there certain times of day or days of the week that work better for you? What other things might make it harder to take part — transport, other appointments, etc.

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 (such as your GP or Rongoā Māori practitioner)?

Consider who plays an important role in your life (whānau, friends, caregivers, community members, or support workers). Would you like them to be part of your appointments or support you in other ways during your rehab journey?

ACCESS

Do you have any access needs that might affect your participation in rehab?

Consider anything that might affect how you connect with your rehab team— for example, whether you have reliable internet, access to devices, mobility or transport limitations, sensory or communication needs, language preferences, confidence in using computers and online video conferencing tools (such as Zoom or Teams), or anything else that supports your full participation.