

TELEREHAB DECISION-MAKING TOOL

B HEALTH PROFESSIONAL

This section is designed to help you to consider whether telerehab might be a good fit for your clients needs and situation.



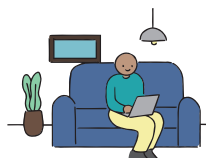
Intro to
Telerehab

STEP 1: WHO

WHO IS THE CLIENT AND THEIR WHĀNAU?



What do I know about my client and their whānau and how they need me to work?



What is unique about my client's current status or circumstances that I need to keep in mind when considering their care and rehab options?

STEP 2: WHAT

WHAT WILL REHAB INVOLVE FOR THIS PERSON?



What might a usual rehab trajectory look like for my client?
What are my client's current and future rehab needs?



What are likely to be the main tasks and activities of rehab for my client?

STEP 3: HOW

HOW WILL IT WORK?



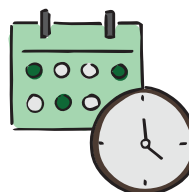
LOCATION

What kind of environment, space and equipment might be needed to optimise rehab for my client?



TEAM

What other people (family members, rehab team, and/or specialists) or organisations would benefit from being involved in my client's rehab?



TIMING

How long is my client likely to be accessing rehab?

What is likely to be the length and frequency of their rehab sessions?

How is this likely to change over time?



ACCESS

Does my client have any access needs that might impact what rehab modalities I use?

How to use
this tool



STEP 1: WHO

What do I know about the client's and their whānau and how they need me to work?

Am I taking into account how the client prefers to be engaged with, communicated with, and supported? Have I taken time to listen to what matters most to them? Am I approaching their care in a way that aligns with their values, identity, and relationships?

STEP 2: WHAT

What might a usual rehab trajectory look like for the client? What is the client's current and future rehab needs?

What are their short- and long-term goals?
How might different modes of delivery enable me to be responsive to changes in their condition, life context, or priorities over time?

STEP 3: HOW

LOCATION

What kind of environment, space and equipment might be needed to optimise rehab for the client?

Have I asked what kind of environment helps the client feel safe, respected and motivated?
Am I considering accessibility needs, cultural or spiritual factors, and the practicalities of their space (at home, in clinic, or elsewhere)?

TIMING

How long is the client likely to be accessing rehab? What is likely to be the length and frequency of their rehab sessions?

How is this likely to change over time?

What is the expected length, frequency, and intensity of their rehab? How might this need to shift over time — and how can telerehab help me adapt to their evolving needs, energy, and circumstances?

What is unique about the client's current status or circumstances that I need to keep in mind when considering their care and rehab options?

Have I asked them about what's going on in their life right now? Am I aware of any emotional, physical, social, or practical factors that may influence how they access or engage in rehab?
Have I checked my assumptions and ensured I'm seeing the full picture?

What are likely to be the main tasks and activities of rehab for the client?

What activities are likely to be involved in the client's rehab sessions/outside of their rehab sessions? What other members of the rehab team might need to be involved? What would a good rehab outcome look like for the client and their whānau? How might telerehab be incorporated into the rehabilitation plan to foster these processes and outcomes?

TEAM

What other people (family members, rehab team, specialists) or organisations would benefit from being involved in the client's rehab?

Have I discussed who they want involved in their care? How might telerehab facilitate involvement or collaboration with those people?

ACCESS

For yourself – do you have access to adequate facilities and equipment to deliver good quality rehab via a range of rehab modalities?

For your client – have you talked to your client about barriers to accessing rehab? Am you aware of their comfort and skill level with digital tools, transport options, communication needs and preferences, physical accessibility, changes to their memory and thinking that might affect their participation? What supports can you put in place to reduce barriers so they can participate fully in a range of rehab modalities?