

TELEREHAB



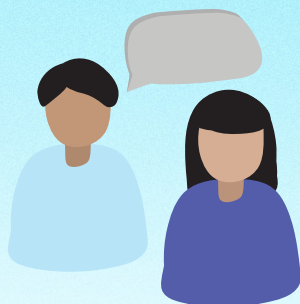
Information booklet



KIA ORA

Thanks for being interested
in how we can improve
Telerehabilitation in Aotearoa.

We'd like to invite you to:



Share your stories,
experiences and perspectives
of telerehabilitation



Work with us to design tools to
improve telerehabilitation so that
everyone can benefit from it

WHO are we?

We are researchers from the Centre for Person Centred
Research at AUT and Manawaora – The Centre for Health.

Nicola and Anna are leading this kaupapa (project).



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WHY

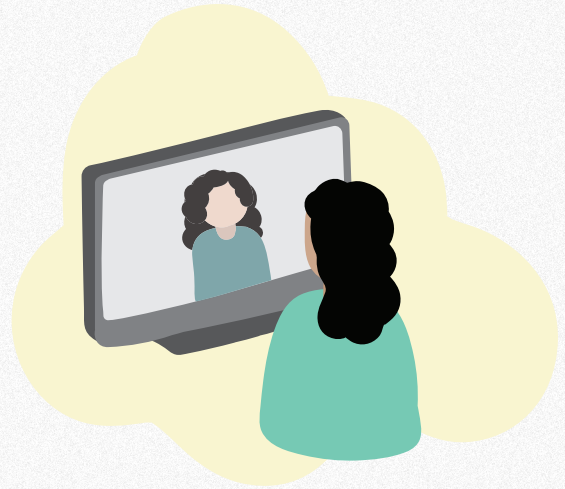
are we doing this work?

Telerehabilitation is one way clinicians **provide rehabilitation services** to people and whānau after injury and illness.

They do this through phones, video calls, and other technology.

Not everyone can access telerehabilitation. Even if they can, it is not always a good experience.

It does not always work well.



We would like to know...

Who gets **benefit** from Telerehabilitation?

Does Telerehabilitation **meet the needs** of people and whānau experiencing injury or illness?

When is Telerehabilitation a **good option** for people and whānau?

We then want to design tools to improve Telerehabilitation so that:

People and whānau can access Telerehabilitation when it is right for them and that they:

- Feel **supported** to take part
- Have a **good experience**
- Can **benefit** from it

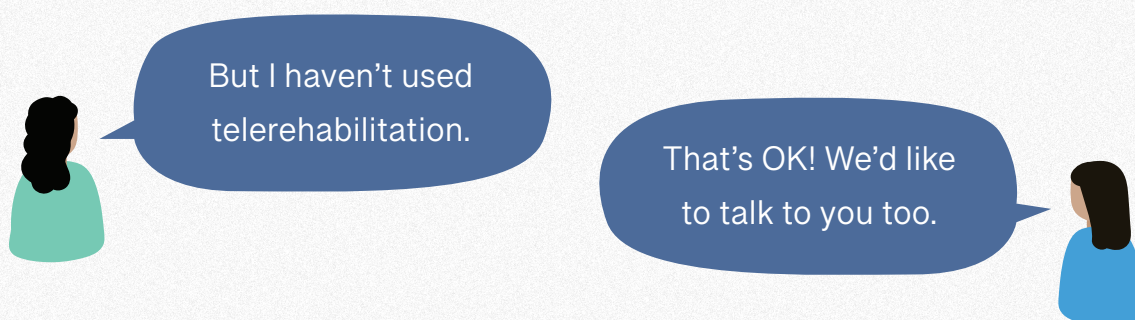
WHO

do we want to talk to?

We want to talk with **people** and **whānau** living with **long-term health issues** or **injuries**.

This might include conditions like stroke, chronic pain, traumatic brain injury, heart disease or respiratory issues.

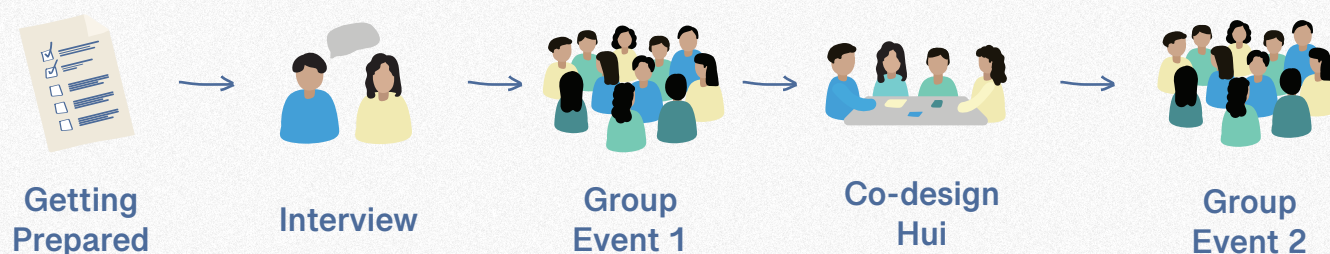
We also want to talk to **Health professionals** involved in the **design and use of telerehabilitation**.



What will happen if I take part in this research?

Our research has five stages (these are described in more detail on the next page). You can choose to take part in all of them, or just some of them.

That is up to you.



Taking part is **your choice**.

If you choose not to take part, this is fine.

There will be no impact on **you** or **your whānau**.

If you choose to take part, you can withdraw at any time.

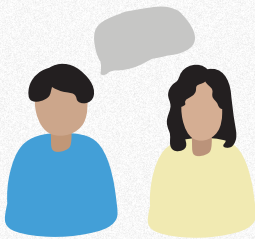
The **5** Stages of the Project



1. Getting Prepared (30 minutes)

We will **talk about the research**, ask you about yourself, and talk about how you want to be involved.

You will have at least **two weeks** to decide if and how you want to be involved.



2. Interviews (1 hour) or Hui (up to 2.5 hrs)

You can choose to take part in an **individual interview** or in a **hui with a group**.

We will ask about **your views and experiences** of Telerehabilitation.



3. Collective Event 1 (Full day)

We will invite **everyone in the research to come together**.

We will share the different things we've heard.

You can tell us what you want us to focus on in the research.

We will cover the costs of travel (and accommodation if travelling from outside of Auckland).

4. Co-design Hui (up to 2.5 hrs)



We will arrange for **small groups** to meet together in your local area.

We will work with you to **design things to improve telerehabilitation**.

These will be planned carefully so everyone can take part.

A team of designers will then work with your ideas to into actual resources.

5. Collective Event 2 (Full Day)



We will invite **everyone from the different co-design hui to come together**.

We can **share the example resources** that have been developed.

You can **tell us what you do and do not like** about those tools.

We will cover the costs of travel (and accommodation if travelling from outside of Auckland).

What will happen with the information I share?

The information you share will be used to improve the delivery of Telerehabilitation in Aotearoa.

You can **review a summary of the activities** you have taken part in to make sure they reflect the main things you shared.

If you change your mind about taking part, that's okay.

However if you have taken part in a hui with a group or your contributions have already been analysed, your information will still be included in the findings.

What will it **COST** me?

There is no cost to you except your time.

You can choose how much time you would like to give.

If you take part in **all** the research activities, this will be about **2½ days** spread over 12 months.

If you need to travel to take part, we will pay for **travel and accomodation.**

How will you protect my **PRIVACY?**

In group activities like hui or collective events, **we cannot guarantee confidentiality**

BUT we will ask everyone to respect the privacy of other people.

Research files can only be accessed by our researchers at the Centre for Person Centred Research and Manawaora—The Centre for Health.

No one will know what you have shared.



We will not use your name or other identifying information when sharing research findings.

Photos from hui or collective events (which could identify you) will only be shared with your permission.

How do I agree to take part?

You can contact one of our project managers directly to indicate your interest. Alternatively, if you have received this information via your rehabilitation provider, you can give them permission to pass your details onto the relevant project manager.



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Ngāti Porou
Manawaora
The Centre for Health

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What if I have questions concerns about the research?

You can contact the Project Manager or Nicola or Anna.

- Nicola's email is nicola.kayes@aut.ac.nz
- Anna's email is anna@thecentreforhealth.org.nz

Concerns regarding the conduct of this project should be reported to the AUT Ethics Office Lead – Liz Binns, liz.binns@aut.ac.nz, (09) 921 9999 ext. 6038

