

# TELEREHAB DECISION-MAKING TOOL

## C CLIENT, WHĀNAU + HEALTH PROFESSIONAL

This section is designed to support a discussion between clients, their whānau and health professionals to help them come up with a decision on what is right for them, at this time.



Intro to  
Telerehab

### STEP 4: OPTIONS

#### THINGS TO CONSIDER



What are the pros and cons of each option?



What are the possible supports and resources?



What are the possible unintended effects?

#### OPTIONS



##### ONLINE

This option involves:

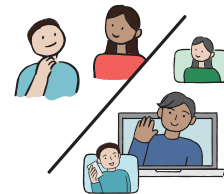
- Device (phone, tablet, computer) that can access software (Zoom, Microsoft Teams, etc)
- Access to good internet connection (Wi-Fi or mobile data)
- Camera and microphone
- A suitable environment for online appointments



##### IN-PERSON

This option involves:

- Easy access to transport to rehab appointments
- Transport is feasible (cost, time and resource) during course of rehab.
- This includes child care, organising someone to drive them, hiring or arranging transport (car/taxi), taking time off work



##### HYBRID

This option involves:

- Both options
- Tailored rehab where either option can be applied so that care that is better suited for the client

### STEP 5: REHAB PLAN



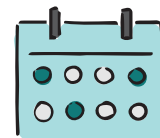
What is the plan?



What support and resources will be put in place?



What are the stop and go points?



When/how will we review and check-in?