

# 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?

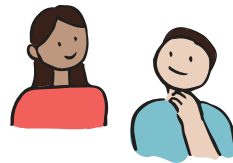
#### OPTIONS



##### ONLINE

This option involves:

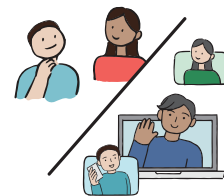
- Device (phone, tablet, computer) that can access software (Zoom, Microsoft Teams, etc)
- Access to good internet connection (Wi-Fi or mobile data)
- Camera and microphone
- A suitable environment for online appointments



##### 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



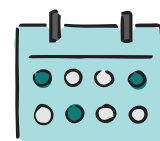
What is the plan?



What support and resources will be put in place?



What are the stop and go points?



When/how will we review and check-in?

How to use  
this tool



## STEP 4: OPTIONS

**What are the pros and cons of each option?**

- Discuss what could work well – and what might be more challenging – with each option (e.g. telerehab vs in-person).
- What matters most to you in weighing up these trade-offs?
- What concerns or uncertainties do we need to explore further?

**What are the possible supports and resources?**

- What would make this option more doable, effective, or comfortable for you?
- Are there tools, people, services, or spaces we can draw on?
- What support do you need from your rehab team, your whānau, or your wider community?

**What are the possible unintended effects?**

- Are there any ripple effects – positive or negative – we should be aware of?
- Could this option affect other parts of your life, care, or relationships?
- Are there any assumptions we might be making that we need to test or talk through further?

## STEP 5: REHAB PLAN

**What is the plan?**

Map out a clear path forward, with shared understanding about what we're aiming to do, who is involved, and how we'll get started. What are the first steps, and what will happen next?

**What are the stop and go points?**

Are there points where we'll pause and check in before continuing? What might prompt us to change course, try a different option, or adjust the plan? How will we know if this is working – or not working – for you?

**What support and resources will be put in place?**

Confirm what support is locked in – and what still needs to be arranged. Are we clear on who's doing what? Do we have everything we need to get started with confidence and clarity?

**When/how will we review and check-in?**

Agree on a time and way to revisit how things are going. What's the best way for us to keep in touch? How can we make sure this plan continues to meet your needs over time?