

# 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?

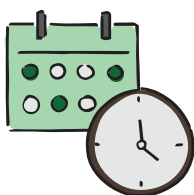
What type of environment would help you feel the most at ease during your rehab (home, clinic, or somewhere else)?



##### 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?

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## 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.



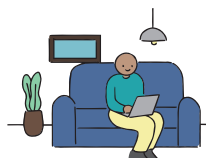
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### STEP 1: WHO

#### 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?



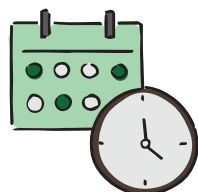
##### LOCATION

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?

# 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.



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### 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:

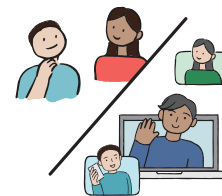
- Device (phone, tablet, computer) that can access software (Zoom, Microsoft Teams, etc)
- Access to good internet connection (Wi-Fi or mobile data)
- Camera and microphone
- A suitable environment for online appointments



##### 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



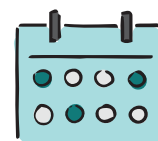
What is the plan?



What support and resources will be put in place?



What are the stop and go points?



When/how will we review and check-in?