

VIRTUAL CARE Occupational Therapy from SKILL BUILDERS STAFF

What is Telehealth or Virtual Occupational Therapy (OT)?

Telehealth and in this case, tele-rehabilitation is the remote delivery on healthcare services. We can provide occupational therapy by video or by telephone according to our College guidelines. We will be using the terms Telehealth, virtual therapy, and online consultation interchangeably.

Is Telehealth Right for me?

Urgent care needs requiring occupational therapy may be addressed through virtual services. If you are unsure of how we can help you please contact us and we can help answer any questions you may have.

What does a Virtual Occupational Therapy Appointment Look Like?

You will be sent an email that will tell you how to link with us. This link will allow you to access your appointment on your smartphone, tablet, laptop or desktop computer.

Your therapist will provide a thorough assessment via video. They will ask you about your medical history, your current condition/injuries and what types of difficulties you are having day to day to help give the Occupational Therapist a clear picture of your needs. If you have already had treatment here previously, then the therapist will know just where to get started.

The Occupational Therapist may ask to see your surroundings to address potential safety concerns if appropriate to your injuries or ask you to demonstrate movements around your home if needed.

Your Occupational Therapist will take the information gained from the initial part of the assessment and the more active portion and formulate an opinion and / or diagnosis. This opinion, your goals and safety issues will help the therapist formulate treatment appropriate to your condition.

What Might be included in Virtual / Online Occupational Therapy Consultations?

Pacing techniques and strategies to manage fatigue and pain.

Device recommendations for safety concerns within the home and practice how to use them appropriately.

Ergonomic advice for home (with video, the therapist can see your home - see how you lift laundry, move clothes in and out, make the bed, put your baby in the crib, get up and down from the ground, kneel for gardening etc.)

Ergonomic advice for your home office – many people are in the position of having to suddenly work from home. We have seen home office set-up using dining room tables, and laptops instead of desktops in offices and now, people are complaining of increased neck, back, shoulder and wrist pain. We can do

a thorough assessment and get you going in a more comfortable way. We can give you advice on how to strategically place your work items, where you can purchase other needed items and how to use the items correctly to keep your body in good alignment.

Posture and sleeping advice

Cognitive assessments – we have many tools that we can use virtually to determine where the strengths and weaknesses are. This will then help us to determine what cognitive rehabilitation would be appropriate to provide and we can do this virtually as well until we can return to in-person treatment.

What Equipment do I Need for my Online Occupational Therapy appointment?

An emergency contact is recommended should something happen to you during your session if another person is not available in your home.

We recommend a device that is mobile like your smart phone, a tablet, or a laptop but a desk top is fine!

The device you use will need to have a camera – some are built in (like smart phone and iPads) and some desk tops have an external camera.

If you have wireless / bluetooth earbuds or headphones this may be helpful if we get you moving away from the video source during the online assessment or treatment.

Lighting – ideally the space used has lighting that allows a clear picture

Adequate internet signal

Is Virtual Occupational Therapy Covered by 3rd Party Insurers?

Yes! In Ontario most 3rd party insurers have allowed Telehealth Occupational Therapy to be covered.

It is still fairly new and ever changing so we highly encourage you to check with your individual provider.

Cost: Virtual treatment session is \$50 – if your extended health insurance allows direct billing we can do so for you.

For clients who have a third party payer (ie. Auto insurance), we will bill direct at approved rates and duration.

To Book an Appointment

Just call us at 705-727-0319 or email us at info@skillbuildersrehab.com. Or you can visit our website at www.skillbuildersrehab.com and click on request an appointment. We will then contact you to see what is needed and then set up an appointment with you.

Thank you to everyone for all of your support during this time. We in turn are here for you too! If your situation has changed since we last saw you (like many of us), with regards to coverage, please reach out. We are happy to work with you to ensure you have the care that you need to progress.