

Setting Up for an Effective Telehealth Session Checklist



Computer and/or Laptop

Check with your therapist about whether a laptop or a tablet would be more effective for your session. Therapists are using different platforms for Speech, OT, & Behavior Health that are more effective with specific devices.

Materials

Some therapy modalities may need to have certain materials to complete a telehealth session. Your therapist will contact you prior to your session with a list of items needed. Please have them present before the start of the session for increased participation.

Parent Participation

For successful telehealth, some pediatric clients require the participation of a parent. While this may be different than in person sessions, it can help for a more effective telehealth sessions. Your therapist will reach out to you if your child may need a parent to assist during a session.

Dedicated Space

When possible, find a dedicated space for telehealth sessions. Space should be private with minimal distractions. Every client is different, your therapist can discuss what environment would help to make the session as successful as it can be.

Internet Access

To maximize connectivity during a telehealth session, try and schedule your session when other family members may not be on devices.

Adequate Lighting

Please have adequate lighting. You don't want to experience headaches and eye strain from squinting or using lighting that makes it hard to read.