

CHECKLIST

Setting Up for an Effective Telehealth Session



A little preparation makes video sessions for counseling, speech and occupational therapy run smoothly. Six things to have ready.

1 Computer or tablet

Ask your therapist whether a laptop or a tablet works better for your session. Different platforms for speech, OT and counseling work best on specific devices.

2 A dedicated space

When possible, find a private spot with few distractions. Every client is different; your therapist can suggest the setup that helps the session succeed.

3 Materials

Some sessions need certain items on hand. Your therapist will send a list ahead of time. Having everything ready before the start means more time participating.

4 Internet access

For the best connection, schedule sessions when other family members are not streaming or gaming on the same network.

5 Parent participation

Some pediatric sessions work best with a parent nearby to help. Your therapist will let you know if your child needs an assist during a session.

6 Good lighting

Face a window or lamp so your therapist can see you clearly, and so you are not squinting or straining your eyes.