

Therapy Across the Continuum: Understanding Teletherapy

Teletherapy, or virtual therapy, is an alternative to in-person therapy that may be available in your area. It occurs when the patient and the therapist are not in the same physical space and hold a therapy session using a video platform or on the phone. It is sometimes referred to as “telemedicine” or “telehealth.”

Teletherapy Explained.

What is Teletherapy?

Teletherapy is a virtual therapy session where the therapist and the client are not in the same physical space. It occurs most often using an online video platform but may occur over the phone. Program guidelines may vary as to what service can be provided through teletherapy.

Who is appropriate for Teletherapy?

The therapy provider and family/caregivers will determine if teletherapy is appropriate based on the goals that are set during the evaluation process.

Where and when will services occur?

Teletherapy can be provided in a variety of locations, but most typically occurs with the child or teenager at home. The therapy provider and caregiver work together to decide how often visits should occur.

What is the family/caregiver’s role in Teletherapy?

Families and caregivers take an active role in teletherapy sessions. The therapist will coach the caregiver to best complete activities with their child in order to get the most benefit. Families/caregivers and the therapist work together as a team to complete the sessions.

Why does this service exist?

Teletherapy can make it easier for patients and families to receive therapy. Barriers such as limited providers, transportation or distance challenges, or health and infection concerns can be reduced using teletherapy.

How is it funded?

Teletherapy is paid for in the same way as in-person services. It may be through insurance, private pay, or state/county funds. Each payor source may have specific criteria or requirements for teletherapy.



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What if my child needs a different plan than Teletherapy?



Teletherapy is an alternative to face-to-face, in-person therapy sessions and may be used for a short time, or in a hybrid model with some in-person sessions as well. Talk to your therapist about your options if you feel like your child needs a different plan.

Know Your Options.

What is the Face-to-Face, or in-person model?

In the face-to-face or in-person model, therapy sessions are held with the therapist and the client in the same physical space, or face-to-face. In this model, the client may go to a clinic or the therapist will go to the child's home for therapy. This is sometimes called the "traditional" model.

What is the Hybrid model?

In the hybrid model, the therapist and family/caregivers determine that a mix (or hybrid) of in-person and virtual (teletherapy) sessions will best meet the needs of the child.

For more information: visit www.iprc.info