

Teletherapy Services for Families

During this challenging time, we at Nancy Foreman and Associates worked hard to adapt our services that are currently provided through this new service delivery model of telepractice, also known as teletherapy. Furthermore, most insurances are recognizing and fully covering services that are provided via teletherapy.

As mentioned by our previous article discussing ASHA's definition of telepractice, telepractice is a type of service which lets patients connect and communicate with their clinicians with the use of technological video platforms. The sessions that are conducted with the help of teletherapy allow the patients to work towards their goals (whether they are related to speech and language disorders, stuttering, etc.) along with letting the clinicians proceed with assessing their patients and their progress and then scheduling the next session with their patients, much like how the in-person sessions would go.

Through this innovative way of making our services available, our therapists are able to maintain working with our patients on their speech and language goals, including improving social skills by practicing turn-taking in conversations and targeting receptive and expressive language skills with interactive games. Additionally, we can continue coaching families on how to detect early language skills from their children with language-delay difficulties. Not only has teletherapy become a great way for our patients to keep corresponding with their therapists, but it also provides a sense of normalcy amid the uncertainty for them.

Here are some tips for parents that are working with teletherapy:

- Let your child know in advance about their video session with their therapist so they know what to expect. You can even let your child pick out 1 or 2 of their favorite items to "show" their therapist during their session like toys, books, games or also pets.
- Attempt to be ready to set up your connection 10 minutes before your child's scheduled session in case there are any unexpected technical issues.
- Please wait to provide a snack or meal until after your child's session is complete.
- Be available to attend your child's session. For older children, they may just need your help connecting to the session and then from there, they can independently work with their therapist after the session begins. Other children may need more support, and it is beneficial to have their parent to help facilitate the session.