



Post-Stroke Tele-Rehabilitation “Start-Up” For Bruyère Health Care Professionals- Very Basic Tips

Preparation before session/appointment...

- ✓ Obtain consent by telephone for:
 - Telephone, email, videoconference platforms use. Check for pre-requisites to connect (internet, camera, microphone, etc...)
 - Explain Telerehab to patient and caregiver/family member/friend, eg “Instead of being in our usual clinic etc. we will be communicating/delivering rehabilitation by...”

Ok, you’ve started.....

- ✓ If on videoconference, perform a quick home assessment (clutter, lighting quality, no pets around, confidential area are good starts)
- ✓ Ask/encourage caregiver and/or family member to remain next to the patient
- ✓ Have hearing aid/glasses on and any mobility equipment nearby
- ✓ Act natural, try to pretend you are actually next to the person, look at them “in the eye”
- ✓ Establish a therapeutic relationship:
 - State your name, what you do, what institution you belong to and what you plan to do during the session. Provide a timeframe. Ask them “before we start is there anything you want to ask me?”
- ✓ Then “do your thing”!

Resources:

- Rehabilitation therapists: [Telerehabilitation Checklist](#)
- Physiatrists and Physicians: [Virtual Care Best Practice Guide](#)