

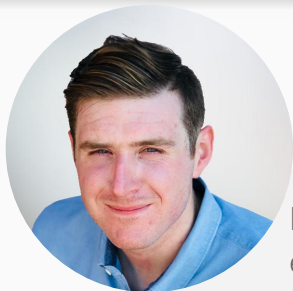


Unmasking the Mysteries of Teletherapy

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Financial Disclosure



Michael Humphries M.S. CCC-SLP,
employed at Speech Pathway, LLC.

Disclosure:

Financial — None

Nonfinancial — Vice president of Membership -
Oklahoma Speech Language Hearing Association.
Receives no compensation as committee
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Disclosure:

Financial — None

Nonfinancial — Vice president of Private Practice
Issues - Oklahoma Speech Language Hearing
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Today's Agenda

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Preparing Parents and Yourself

2

Managing behaviors from your sofa

3

Teletherapy for Articulation

4

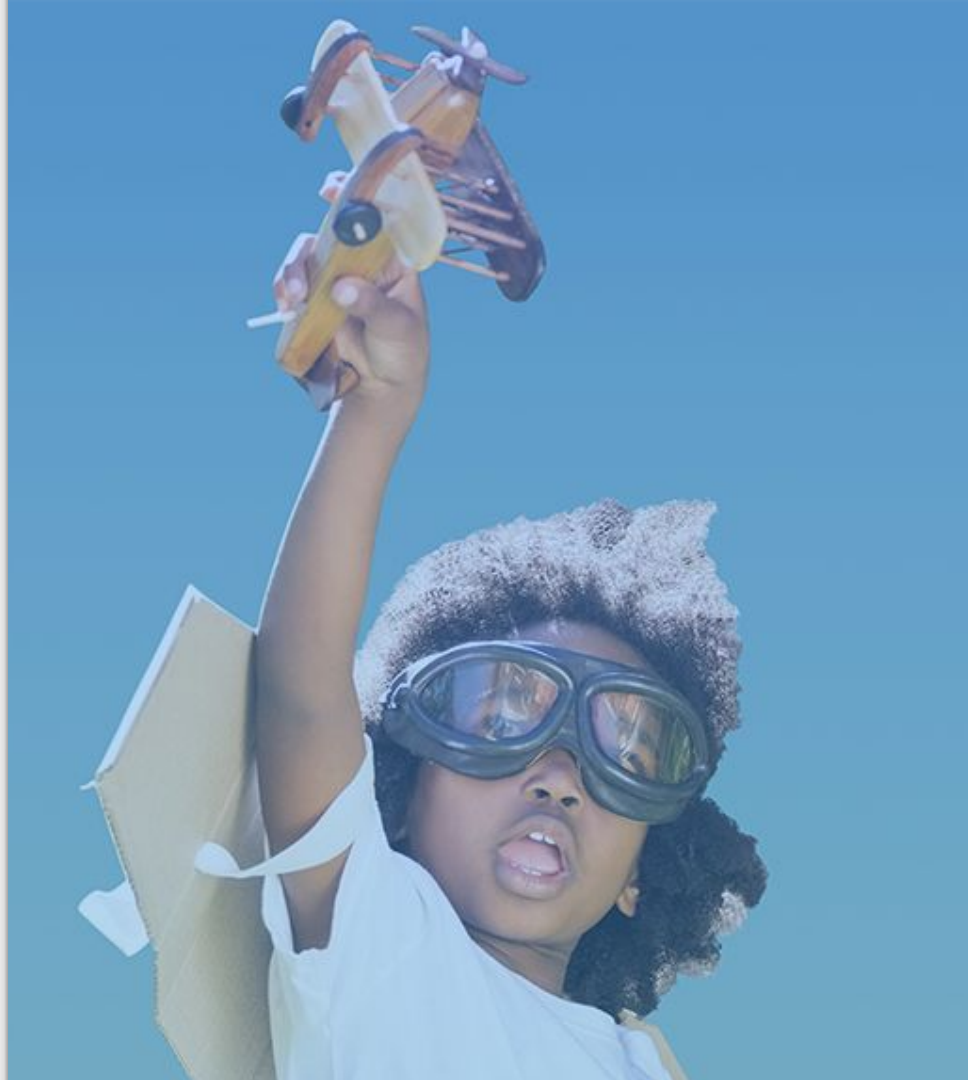
Teletherapy for Language

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Teletherapy for the AAC user

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Wrapping up & Final Thoughts

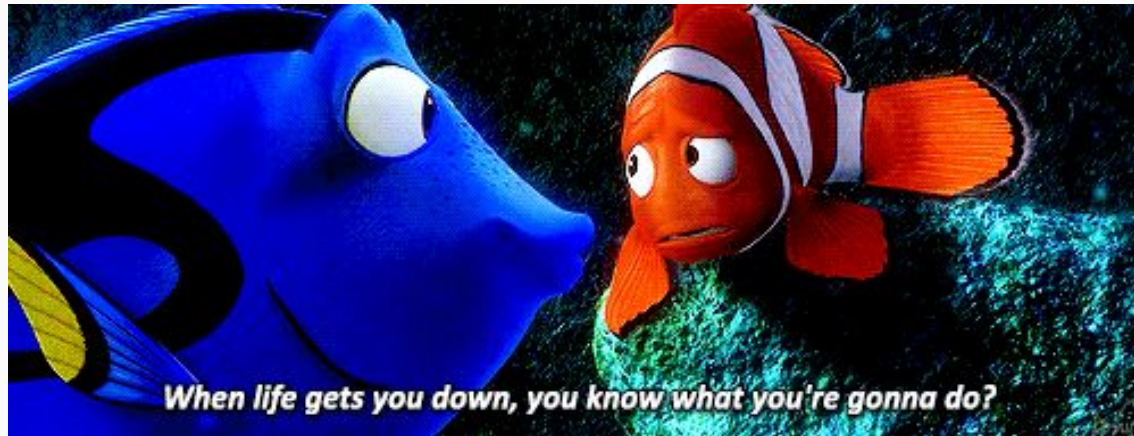


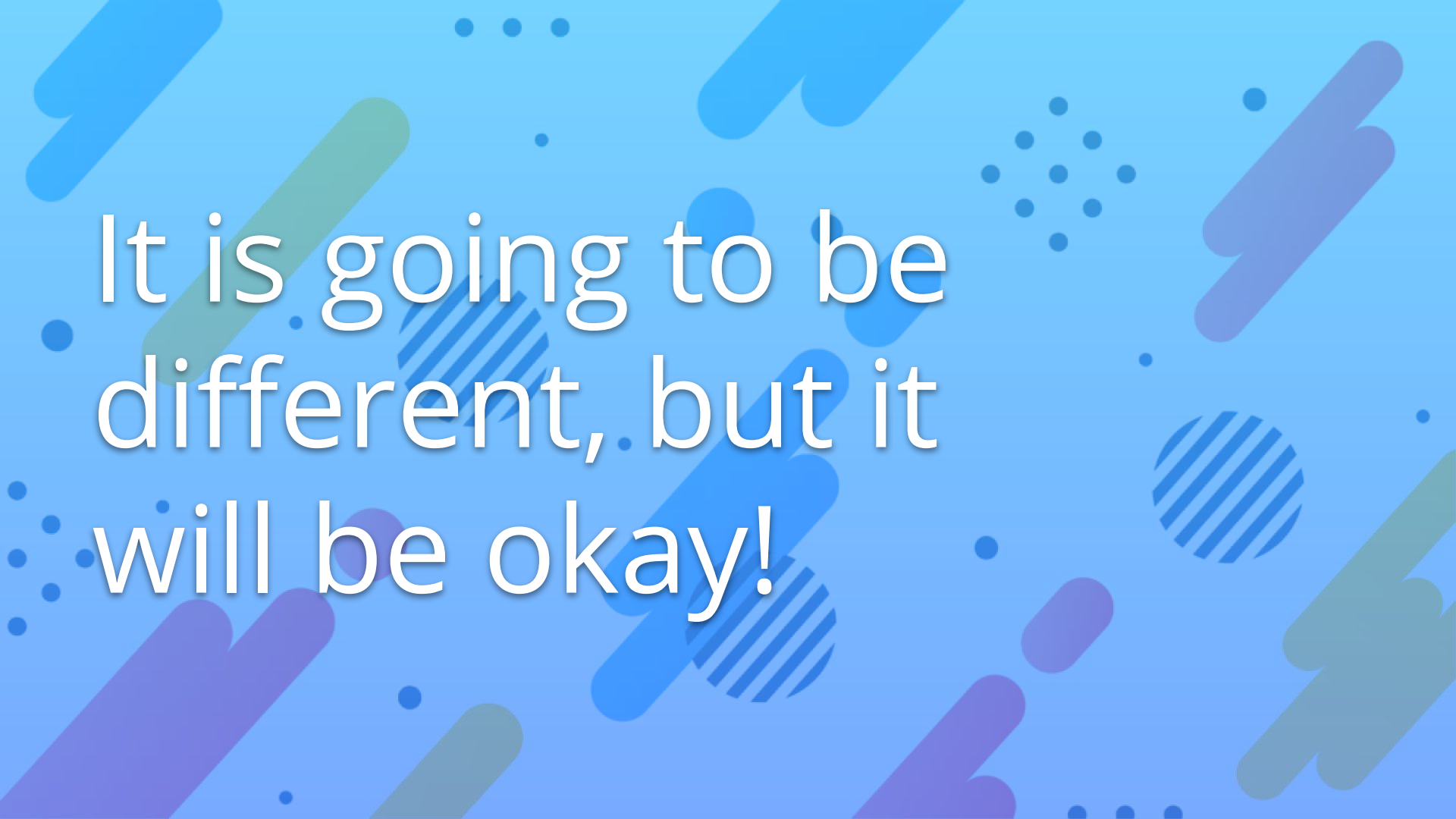


Unmasking the Mysteries of Teletherapy

Lets begin...

You have got this you can do it ! It is going to be okay!





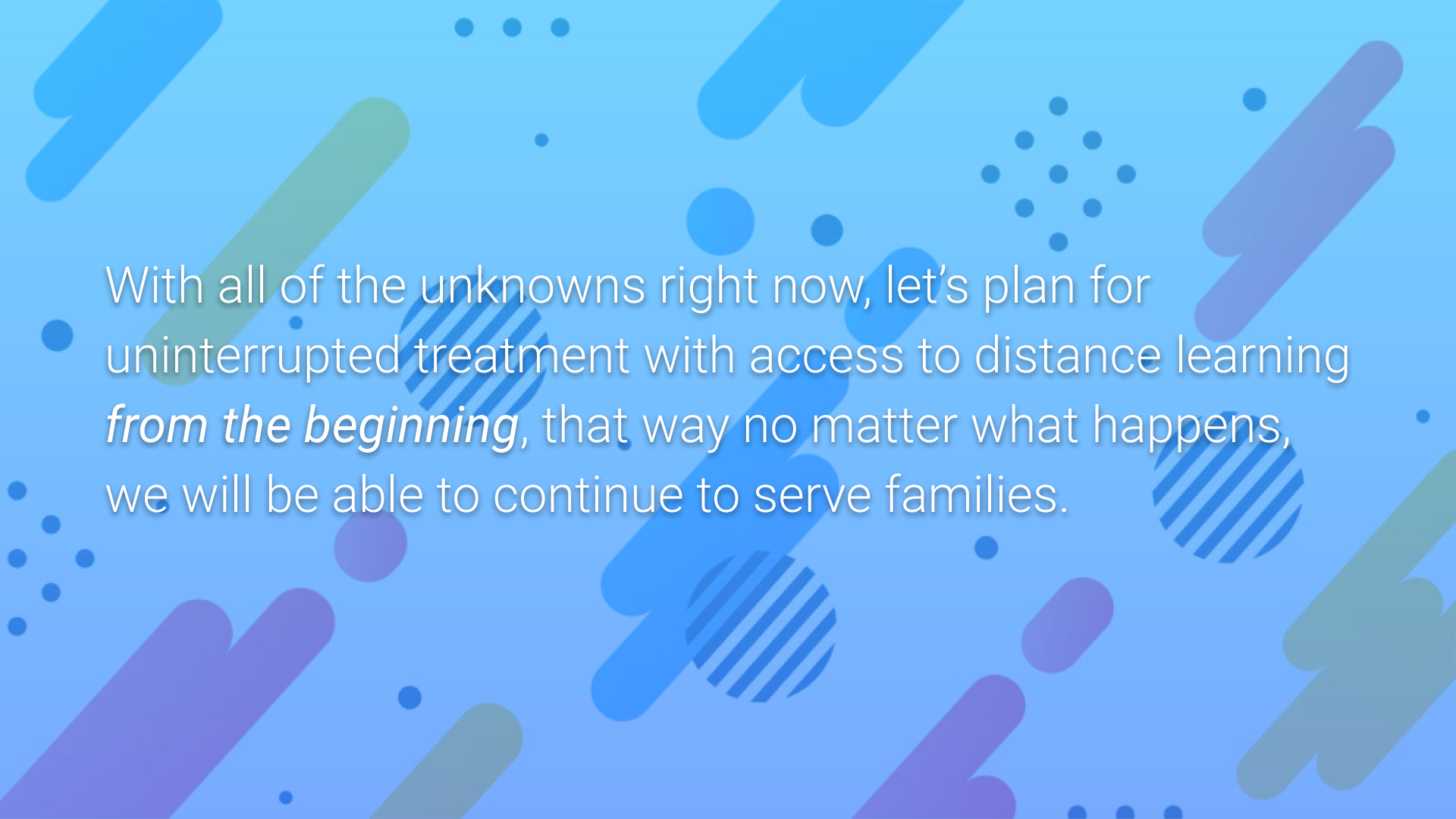
It is going to be
different, but it
will be okay!

The background is a light blue gradient filled with various abstract geometric shapes. There are several elongated, rounded rectangular shapes in shades of blue, purple, and green, some of which are tilted at angles. Interspersed among these are numerous small dots of the same color palette. Additionally, there are three circular shapes with diagonal blue and white stripes. The overall aesthetic is modern and minimalist.

Don't believe us?







With all of the unknowns right now, let's plan for uninterrupted treatment with access to distance learning *from the beginning*, that way no matter what happens, we will be able to continue to serve families.

Preparing Parents and Yourself for Telepractice

Teletherapy Setup (for the clinician/client)

- Clear scheduling expectations
 - Start/End on time
 - Respect other clients' schedules
- Create calendar invites even when teletherapy isn't needed, so you're ready when you have to make an overnight switch.
 - You don't have to insert the tele link yet, but you can have it on the calendar and add a link if/when needed.
- Maybe even introduce teletherapy while you're still in-person
 - Zoom parents in from the car and let them watch part of the in-person session.

Help a client out!

Consider a nifty
how-to guide from
Teachers Pay
Teachers to help
your families out!

All About **GOOGLE MEET** and Expectations

1. Before the meeting

If using a device such as a tablet, iPad or phone it is useful to download the Hangouts Meet-By Google app before your meeting.

2. Joining the meeting

You can join a meeting using a link, code from your teacher or call on a phone. ***If you call into a meeting you will be able to hear but not see any other classmates. They won't see you either.** The three ways are explained step-by-step below.

Link	Code	By Phone
- Click the link or copy and paste into a browser - You will be asked to grant permission to your device's camera and microphone. - A screen similar to this will pop up, click join meeting and you're all set! 	- Click your Google Meet app. This screen will pop up, click meeting code.   - Enter the meeting code given by your teacher and you're all set!	- Dial the number sent by your teacher - Enter the PIN to join the meeting

3. During the meeting

There are a few tools and icons that will make your meeting run smoothly.

- This is your microphone when asked to mute by you. her, click and it will look like this.  ***This is important** (To unmute, click it again)
- Click this icon to type a question to your teacher.
- Click  then  to see more of your classmates at once.

4. Ending the meeting

When your teacher ends the meeting, click  to leave the call.

Important! You should not be talking when your teacher is talking.

ZOOM Guidelines

- If you show up early, just wait to be admitted until the time the meeting was scheduled.
- Try your best to find a quiet place, free of distractions for during the meeting.
- Maintain **RESPECT** at all times in speaking, writing and appearance! (Even though this is online, teachers still expect **ROAR** behavior!)
- Stay on **MUTE** until the teacher asks a question and you have something to share. Then you can "Raise your hand" (I will show you how to do this!)

 **Happy ZOOMING!**

Prepare families from the beginning!

- Compose a template email for all clients to prepare for virtual therapy
 - Come up with something you can send to *everyone* so that you're all on the same page and everyone has the same information.
 - Bullet points are your friend! No client/parent wants to sort through your fluffy narrative email!
 - Embed links (or even better, hyperlinks)!
 - Make sure they have your email/phone number to contact you easily.

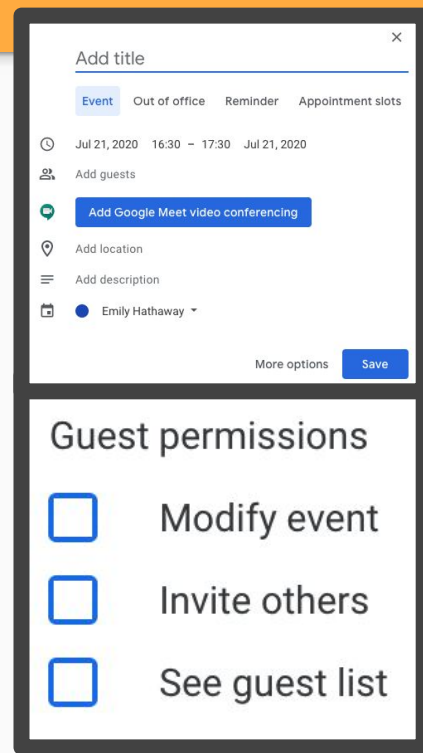
Scheduling Considerations



- In- person days?
- Telepractice days?
- Combo model?

Pro Tips for Invites!

- Calendar appointment names:
 - Include something about “speech”
 - If it just says “Liam” - the parent won’t know what that means
- Embed link to their Google Folder for home practice!
 - If it’s in the invite, the parent will ALWAYS know where to find it!
- Set your *guest permissions*!
 - Uncheck ALL the boxes so no one can modify your appointments!
- Make it *recurring* - you can always delete/cancel.
 - When you cancel, you can send a message so parents know why.
- Set “reminders” so parents are alerted!



The screenshot shows the 'Add Event' form in Google Calendar. The title field is empty. The event type is set to 'Event'. The date and time are set to 'Jul 21, 2020' from '16:30' to '17:30'. There is a button to 'Add Google Meet video conferencing'. The location and description fields are empty. The guest list shows 'Emily Hathaway' with a dropdown arrow. At the bottom right, there are 'More options' and 'Save' buttons. Below the form, the 'Guest permissions' section is visible, with three checkboxes: 'Modify event', 'Invite others', and 'See guest list', all of which are unchecked.

Add title

Event Out of office Reminder Appointment slots

Jul 21, 2020 16:30 - 17:30 Jul 21, 2020

Add guests

Add Google Meet video conferencing

Add location

Add description

Emily Hathaway

More options Save

Guest permissions

☐ Modify event

☐ Invite others

☐ See guest list

Why include parents?

Typical 2 year old
in speech therapy

12 waking hours per day

84 waking hours per week

1 hour of speech therapy per week

We **need** parents help
if we are going to
succeed in our jobs!

We need to **empower**
caregivers!

Parent Participation Pitfalls

Obviously not every parent is going to get a Gold Star at this right away.

Meet them where they are, and go from there.

Child aversive to parent being in the room

- increased problem behaviors
- child only wants to be held by parents
- May refuse to participate
- Typically attention seeking



Parents too busy crushing candies?



Interesting Info... (Rosetti, 2009)

Rosetti surveyed 300 parents/caregivers to determine their number one frustration with service providers:

They don't listen.

He then surveyed 300 service providers to determine their number one frustration with parents/caregivers:

They don't listen.

Helicopter Parents?



- Parents who tend to “answer” for their child
- Parents that provide constant cues (verbal, visual, physical, etc.
- Parents who can’t stand a pause/wait.

So...how can you get parents on board and make it effective?

Coaching / Mentoring



Let's talk about
you



The right
equipment for
the job...

Summary: Preparing parents and yourself

- How to get a parent up to speed with the technological needs
 - Helping with gmail, email, zoom, platform, reminders
 - What should a first session look like
 - Micro session, can we log on and make sure everything is working?
 - Teaching troubleshooting prior to instruction
 - Teaching them about the interface they are working on to help with audio/video issues
- Setting clear expectations for parents and clients
- Gaining parent buy in for tele practice
- Evidence for the effectiveness of telepractice
- I am not the COX man, alleviating technology questions from parents

Managing Behaviors from the Couch

Managing Behaviors from the Couch

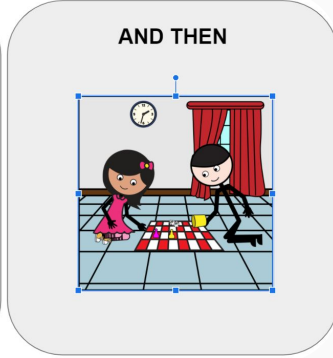
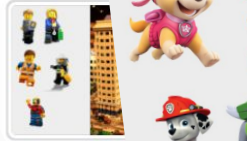
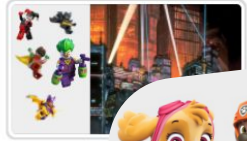
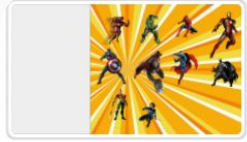
- Promoting parent engagement, cueing, and modeling during session
 - Don't forget about training parents to do what you would do in person
 - Get comfy with navigating between screens quickly
 - How to fill your time between sharing applications
- Virtual Token Economies
 - Bartering society - get creative with your rewards - doesn't always have to be 5 stars
 - Varying levels of reinforcement - smaller and bigger rewards - immediate and intermittent
- Giving and taking control of the activities
- Errorless teaching
 - Remember we are *interventionists*, not merely data collectors
-

Taking control of your session

ALT + SHIFT + G



Token Economies & Visual Schedules



The possibilities
are endless...





**QUICK
TIPS**

Tired of trying to find the right color for your digital content? Google has an easy to follow website that makes color selection easy.

- <https://material.io/design/color/the-color-system.html>

Don't like the white space around your image?

- Always google search images with “.png” afterwards to find transparent background images on the the fly.

Tired of fuzzy blurred images?

- When searching for images online, if you hover over the image the pixel size will display in the corner. Ideally you will want a photo to be between 1500 and 2500 pixels, however images that are 600 pixels will do. In addition .png files are higher quality images.

Our Favorite Reinforcers

Ipad Games



Mighty Micros



LSW SAGA



Lego Batman



Red ball 4



Mario Run



Air & Sea



Pokemon quest



Minion Rush



Temple Run



Hole.io



Bloons TD 5



Balloon animals

A complete list of games can be found at www.speechpathway.net/osha2020



SOAPBOX ALERT!

Website Games



A complete list of websites can be found at www.speechpathway.net/osh2020



We cannot
put off
communication
intervention
“until someone
fixes that
behavior”.

Identify the Function of the Behavior

The four common functions of
behavior:

"Everybody E.A.T.S."

Escape, Attention,
Tangible, Sensory



someecards

Do you
know
your **ABCs**?

ANTECEDENT

What happened before the
behavior occurred?

BEHAVIOR

What did the student/child do?

CONSEQUENCE

What happened after the
behavior occurred?

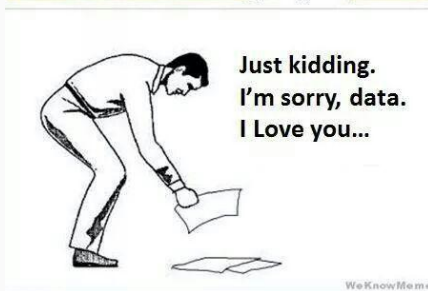
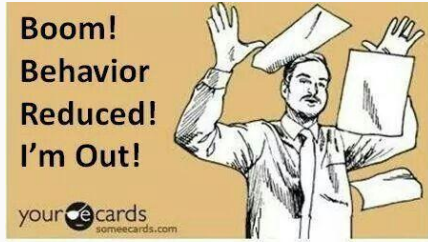
©Teaching Differently 2018

They didn't just do
that "for no reason"!

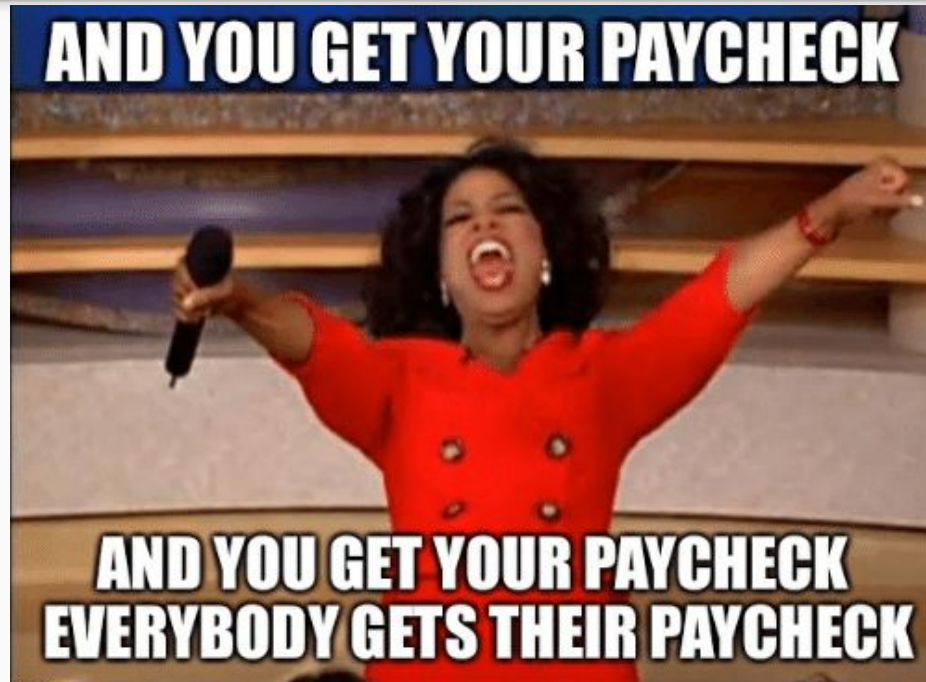
Replacement Behaviors



Reinforcement: What...When...How much?



When can we stop reinforcement?



Possible Strategies/Solutions



Train Parents in Functional Communication As a replacement behavior!



Errorless Compliance Training “Errorless Teaching”



Teletherapy for Articulation

IPad applications





Everyday
things in your
house...

But what about
my tactile cues?

Summary: Teletherapy for Articulation

- Be creative, be functional, and be practical
 - Families are overwhelmed right now and finding activities and ways to incorporate it into their daily life is key.
- The possibilities are endless with digital resources right at your fingertips
- Remember when switching between activities you can always level to nonsense syllables and practice the next sound, or review what you have just taught, make the downtime functional
- Teach parents how to be your hands
- Bring the energy into your session

Teletherapy for Language

Social Language & Group Teletherapy

- Social videos, topics of interest, and youtube can be your best friend in group settings with older children.
- Use private chat to send feedback to a child who can read
- Consider doing group sessions in different rooms of your house. Make some cookies with your clients and have them direct you in how to make cookies.
- You always have boom cards and your classic stimulus items.

Ipad apps for language



Pogg



Pet Doctor



Robot Lab



Toca Monster



Peekaboo Farm



My PlayHome



Toontastic



Little Stories



Jr. Chef



Puppet Pals 2



MonstersShy



Video touch

Websites for Language



National Geo



Walmart



Google Maps



Target



Google Earth



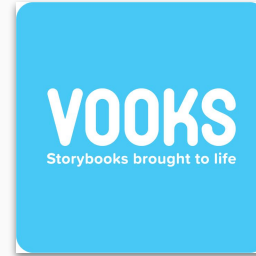
Starfall



Epic



Amazon



Vooks



ABCya

Summary: Teletherapy for Language

- You can still provide your classic language intervention techniques virtually
- Be creative with your cueing and prompts, there is always a solution to the problem you are facing
- Everyday websites can be used in ways to promote functional language and carryover
- Teach parents how to model, prompt, cue, and reinforce their child
- Always always always bring the energy!

Teletherapy for the AAC user

The perfect time for parent training!

Modeling

Several AAC companies have offered light versions of their software that you can share on your computer.

- NuVoice - Lamp Words for Life
- Chat Editor - Wordpower
- Snap + Core First

AAC Applications & Websites



Pogg



Monsters



Stop & Go



Build a train



Peekaboo



Basic Concepts



Going to Bed



Nighty Night



Boardmaker



Smarty Symbols



Toca Train



Autism iHelp

A complete list of websites and applications can be found at www.speechpathway.net/osha2020

Wrapping up

Evaluations and Reevaluations

- If they need to be conducted via teletherapy, it can be done, but it is tricky since most tests are not normed for teletherapy.
- The easiest (and most cost-effective) way we have found is to use your iPad as a camera and have it aimed at your easel, then you can use your “in person” testing materials, instead of purchasing digital licenses (also there aren’t very many digital licenses available).
 - Pearson and WPS both have online assessments you can administer
 - Q-interactive - Pearson GFTA-3 is highly recommended!
- Sometimes need to make sure the child can label the choice (picture number) or that the parent can tell you what they pointed to...tough to tell from your end which they are pointing to.

Primary concern:
providing continuous care

The logo for 'CAN'T STOP' is displayed in a vibrant pink color. The text is written in a bold, italicized, cursive-style font. The word 'CAN'T' is positioned to the left of 'STOP', and a diagonal line is drawn through the 'T' in 'CAN'T' and the 'S' in 'STOP', creating a continuous visual element that suggests the phrase 'can't stop'.

To access all the content, apps, or to re-watch videos from today's session please visit
www.speechpathway.net/osha2020