

## A healthcare appointment by video or phone with your Allied Health therapist

### Benefits of Telehealth

Evidence shows Telehealth can be effective to help people achieve their therapy goals. It is cost-effective, convenient, accessible and reduces the potential for hospitalisations.

### Keep working on your goals

If face-to-face care is not an option, you don't have to put a pause on therapy. Telehealth allows you to keep working on your goals so you don't lose your progress.

### Stay safe

Telehealth reduces the risk of exposure to infectious illness such as COVID-19. Face masks are not required for Telehealth – good news for people who find them uncomfortable and a barrier to therapy.

### Stay connected

Telehealth sessions can be shorter than face-to-face sessions. Checking in with your therapist allows them to monitor your home program and make adjustments as needed. It can also keep you motivated.

### More options

Sometimes, being home is the most convenient (and comfortable) place to access therapy. Telehealth also gives you access to services located anywhere.

### Less travel

Avoid the travel costs associated with needing a therapist to travel to you, or the time it takes you to travel to a clinic.

### Research shows Telehealth is an effective way to deliver Allied Health therapy

Telehealth can also be beneficial in the rehabilitation phase of stroke recovery. Most research has found physical, occupational, speech therapy and memory rehabilitation for stroke survivors, when offered via Telehealth, is equally if not more effective than in-clinic rehabilitation services (references below).



Secure & confidential

Interpreter accessible



### What you need

All you need is a smart phone, tablet or computer with a camera and a reliable internet connection. Details of how to join your Telehealth appointment will be sent via email.

Same billing as face-to-face services

Contact us for a free 15 minute trial  
**1300 131619** · [mail@nrah.com.au](mailto:mail@nrah.com.au)

### References

1. Cramer SC, Dodakian L, Le V, et al. Efficacy of home-based telerehabilitation vs in-clinic therapy for adults after stroke: a randomized clinical trial. *JAMA Neurol.* 2019;76(9):1079. doi:10.1001/jamaneurol.2019.1604
2. Chen J, Sun D, Zhang S, et al. Effects of home-based telerehabilitation in patients with stroke: A randomized controlled trial. *Neurology.* 2020;95(17):e2318-e2330. doi:10.1212/WNL.0000000000010821
3. Morrell K, Hyers M, Stuchiner T, et al. Telehealth stroke dysphagia evaluation is safe and effective. *CED.* 2017;44(3-4):225-231. doi:10.1159/000478107
4. Lawson DW, Stolwyk RJ, Ponsford JL, McKenzie DP, Downing MG, Wong D. Telehealth delivery of memory rehabilitation following stroke. *Journal of the International Neuropsychological Society.* 2020;26(1):58-71. doi:10.1017/S1355617719000651

[nrah.com.au](http://nrah.com.au)