

## ESE Parental Guide to Understanding Teletherapy

Teletherapy is the online delivery of speech, occupational, and physical therapy services via high-resolution, live video conferencing. Teletherapy sessions are very similar to traditional therapy sessions with one major exception: instead of sitting in the same room, students and therapists interact via live video conferencing in a virtual environment. Research indicates teletherapy is equally as productive as face-to-face instruction.

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Free Appropriate Public Education (FAPE) is provided but the mode of therapy is changing:

Teletherapy can include:

- Typical therapy sessions via computer
- Programs/activities put on screen
- Virtually guided worksheet or activity



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### Use of Technology for Teletherapy:

- Google Classroom and Google Meet are the district-approved, secure platforms to complete therapy sessions
  - We recommend using the one-to-one technology provided by the district
  - Make sure you have a strong internet connection
  - Please find a quiet space for learning that will be used each time a session occurs
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### Scheduling:

- Your child's therapist will contact you to schedule therapy sessions
  - You should receive information in your email for the session time
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### Additional Resources:

For more information on teletherapy, view the following video:

<https://drive.google.com/file/d/1fUI9jlfUc44LWU7blimxnV3OK4bLVOf9/view>

For more information on teletherapy, visit the following American Speech and Hearing Association (ASHA) website:

<https://www.asha.org/practice-portal/professional-issues/telepractice/>

*Our Speech Language Pathologists, Occupational Therapists, and Physical Therapists look forward to providing engaging services that support a safe, rigorous, learning environment*