

# Telerehabilitation after stroke

This information is to help you make decisions about **your rehabilitation**.

You should **discuss** this information with your **therapist**.



## In-person rehabilitation

- The most common way rehabilitation is delivered.
- You and your therapist are at the **same place**.
- Your therapist provides **hands-on** assistance.



## Telerehabilitation

- **Therapist** provides rehabilitation via **video calls** or **phone**.
- **No hands-on** therapy.
- Requires **help** from a **caregiver**.

You may be able to have both



and



## Telerehabilitation involves

### People after stroke with therapists



**Video** or **phone calls**, your therapist may provide other resources (e.g. videos)



**Assessment:**

- Your **movement** and **strength**
- What **assistance** you need



**Set goals**



**Monitor progress**



**Exercises**



Exercise and videocall **equipment**

### Caregivers



**Help:** Will depend on what you and your caregiver's want and are able to do. It may include assisting or supervising:



**Exercise**



**Equipment**



**Safety**



**Video calls**



Talk to **therapists** about:



**Progress**



**Any problems**

## Questions to consider



What are your **goals**?



How can your therapist **help**?



What are your rehabilitation **options**?



What the **risks** and **benefits** of telerehabilitation for you?  
How comfortable are you with the risks?



What help can your **caregiver** provide?  
Are your caregivers comfortable helping with your telerehabilitation?



Do you feel **confident** to make a decision?

## Telerehabilitation has benefits



## and disadvantages



**Combining in-person and telerehabilitation may reduce disadvantages.**

**Discuss** your rehabilitation plan, questions and concerns with your **therapist**.  
The lists below can help your therapist do this.

Tick the boxes that apply to you

### Some possible benefits

- Therapy times may be more **flexible**
- May improve your **confidence** in your ability to do things at home

Rehabilitation at **home** is more **accessible**:



↓ **travel**






↓ **cost**



↓ **stress**

### Some possible disadvantages

- Need **help** from caregiver 
- Technology use can be **tiring** or require more talking 
- ↓ **Social contact** with others 

**No hands-on therapy:**



Some activities may not be **safe**



You may be more likely to fall or be injured

The **benefits** of your **therapy** could be **limited** because:



You may not be able to do some exercises or therapy



**Monitoring** your ability or health may be **difficult**



**Equipment** may not be available

### My notes:

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## Resources

More information about stroke rehabilitation and telerehabilitation are available from:

### Stroke

<https://enableme.org.au/Resources/How-stroke-can-affect-you>

### Stroke Rehabilitation and Exercise

<https://strokefoundation.org.au/en/What-we-do/For-survivors-and-carers/stroke-resources-and-fact-sheets/Mobility-and-exercise-after-stroke-fact-sheet>

<https://enableme.org.au/Resources/Rehabilitation>

### Caregiver

<https://enableme.org.au/Resources/Becoming-a-carer>