

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

- 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.

You may be able to have both



and



Telerehabilitation involves

People after stroke with therapists



Video calls



Assessment:

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



Set goals



Monitor progress



Exercises



Exercise and videocall **equipment**

Caregivers



Help with:



Exercise



Equipment



Safety



Video calls



Talk to **therapist** 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?



What help can your **caregiver** provide?



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



Telerehabilitation has **benefits**



and **disadvantages**



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

Discuss questions or concerns with your therapist.

Some possible benefits



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



↓ **travel**



↓ **cost**



↓ **stress**

Some possible disadvantages



No **hands-on** therapy:



Some activities may not be **safe**



Monitoring may be **difficult**



Equipment may not be available



Need **help** from caregiver



Technology use can be **tiring**



↓ **Social contact**

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>