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

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.**

<table>
<thead>
<tr>
<th>Some possible benefits</th>
<th>Some possible disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rehabilitation at <strong>home</strong> is more <strong>accessible</strong>:</td>
<td>No <strong>hands-on</strong> therapy:</td>
</tr>
<tr>
<td>↓ travel</td>
<td>![Safety] Some activities may not be <strong>safe</strong></td>
</tr>
<tr>
<td>↓ cost</td>
<td><strong>Monitoring</strong> may be <strong>difficult</strong></td>
</tr>
<tr>
<td>↓ stress</td>
<td><strong>Equipment</strong> may not be available</td>
</tr>
<tr>
<td></td>
<td><strong>Need help</strong> from caregiver</td>
</tr>
<tr>
<td></td>
<td>**Technology use can be <strong>tiring</strong></td>
</tr>
<tr>
<td></td>
<td>↓ <strong>Social contact</strong></td>
</tr>
</tbody>
</table>

**Resources**

More information about stroke rehabilitation and telerehabilitation are available from:

**Stroke**

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

**Caregiver**

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

**Stroke Rehabilitation and Exercise**


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

This resource was developed by C Said, E Ramage, C McDonald, N Fini, E Bower, D Hitch, E Bicknell, E Lynch, A Vogel, G McKay, K English and C English with funding from the Melbourne Disability Institute.