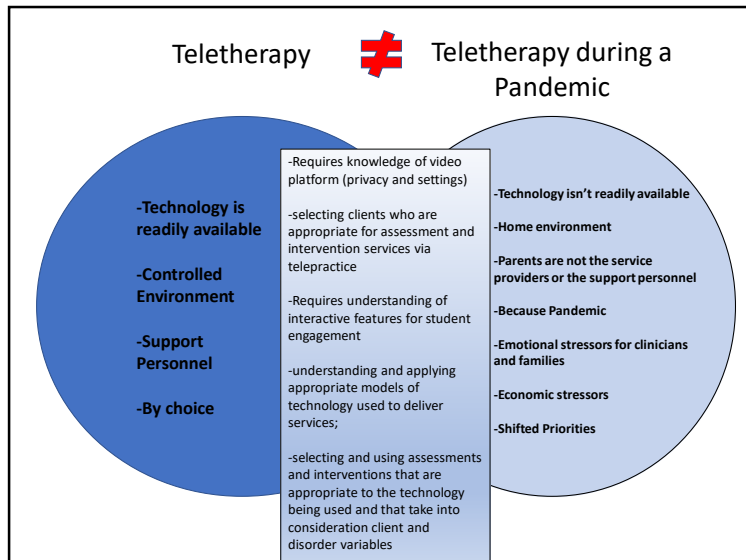





Providing Highly Effective Speech Language Teletherapy




Things have changed. **BUT...**

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There are industries that have successfully transitioned over to remote working.



We just need to learn how they are scheduling, organizing their sessions, using technology, and interacting as new professionals

## Things have changed. **BUT...**

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There are SLPs, albeit, a small number, who have already been doing teletherapy for years.



We just need to get up to speed on how they are effectively evaluating, treating, and achieving balance between work and life.

## Things have changed. **BUT...**

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Early Intervention Specialists have developed Routines-Based Intervention and interact really well with families and in the home.



We just need to know how to flip the model from teacher-centered to parent-centered and form goals around home activities.

## Things have changed. **BUT...**

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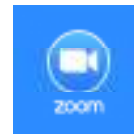
Some (not all!) of our tired-and-true therapy techniques are still successful when used remotely.



We just need to know which ones, how to share materials digitally, and how to track progress.



Google Hangouts 



## Improve Your Technology Use

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6 Tips to Use Zoom/Hangouts /Powerpoint/ Google Slides Effectively





1. Light source and camera angle

Put the light to the side and have your camera up higher.

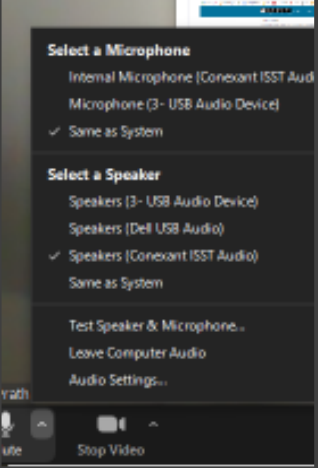
## 2. What to check and uncheck

<p><b>Check</b></p> <ul style="list-style-type: none"> <li>• “Recurring” for Weekly Sessions</li> <li>• Meeting Password to avoid Zoom Bombing</li> <li>• Join Before Host</li> </ul>	<p><b>Uncheck</b></p> <ul style="list-style-type: none"> <li>• Meeting Required</li> <li>• Waiting Room (Zoom)</li> <li>• Mute Participants Upon Arrival</li> </ul>
---	---


## 3. Test Audio and Video

- Don't take it for granted anyone can see or hear you.



## 3. Test Audio and Video

- Zoom “Share computer sound”



#### 4. Open 3 things: Presentation, Chat, & Participants



#### 5. Build your materials in PowerPoint or Google Slides



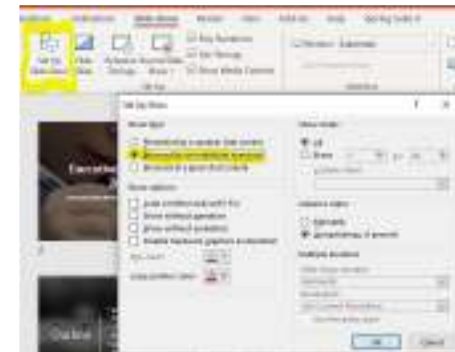
#### 6. Browse by Individual Window

So how did we do this?



#### For PowerPoint:

- Open Powerpoint
- Click on SlideShow
- Click Browse By Individual Kiosk
- Open the full Powerpoint view
- Shrink down this window
- In Zoom, share the Powerpoint, not your whole screen





Schedule Reminders : Scheduling like a dentist

- Use Email
- Use Text
- Remind at the end of the prior session
- Email reminder the day of
- Text reminder an hour before

Email Templates

Bulk write all your emails on Monday and schedule them.

Email Scheduling

## Search: Install Gmail Boomerang or How to Delay Sending an Email Using Lotus

Thank you for downloading Boomerang for Gmail!

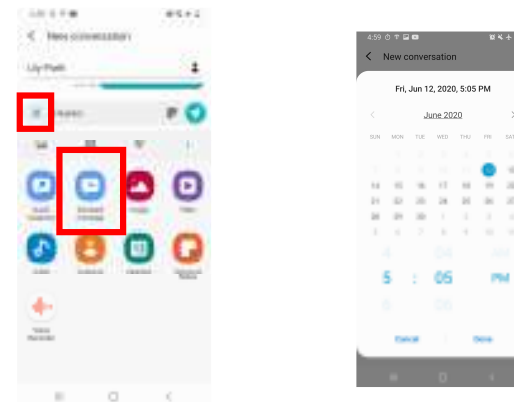
By downloading Boomerang for Gmail, you agree to the [Terms and Conditions](#) of use. We will do our best to ensure reliability of the service, but we cannot assume liability for missed or lost messages.

Install Boomerang for Chrome Looking for Firefox, Safari, Edge, or Opera?

Install Boomerang

Email Scheduling

## Bulk schedule texts



## Use Google Translate



### The Problem

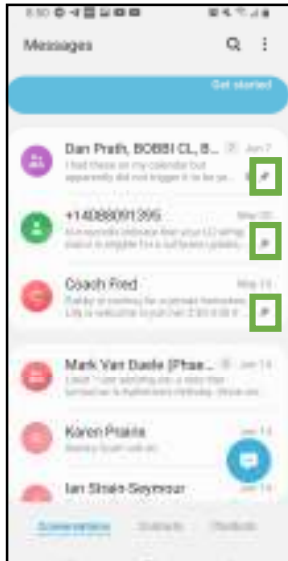
- We need our phone on to hear from parents but it is distracting during sessions.
- We normally don't mark texts for "later" to be able to respond by email.
- In terms of the global pandemic, there is a lot more going on.

### The Solution

- Set Notification Rules
- Pin Messages

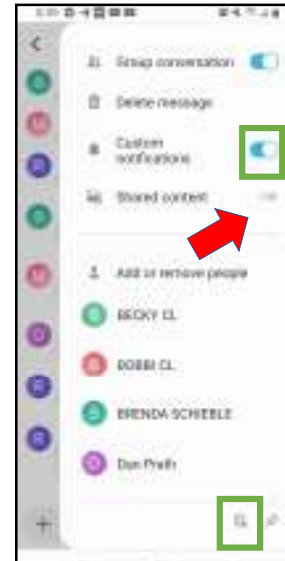


How do we handle texting?



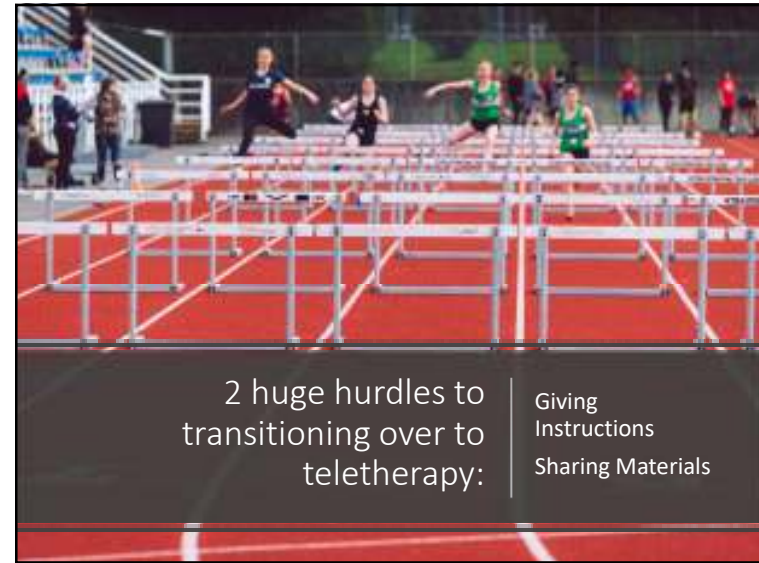
## Pin Messages

- We often feel an immediate need to respond to texting.
- If we don't the message can get buried by everything else that comes in that day.
- This is unlike email where we can mark things for later.
- Pin messages so that they stay at the top.
- Batch respond to everyone at one time later in the day.



## Set Notification Rules

- Mark certain people or groups to silent or inactive.
- A Case Study:
  - My family!
  - I have 6 sisters and 1 brother.
  - They text like crazy at times.
  - During the global health crisis, one of my sisters is a nurse who contracted Covid. Our 80-year-old aunt and uncle also got sick.
  - So I want to stay tuned in, just not all day.



## Make Your Own Website

- Websites are a great – single location – for you to share all of your stuff.
- There are several places you can go to build your own site quickly.



- This article has all you need to pick a site and get up and running quickly:
- <https://www.website-tooltester.com/en/blog/best-free-website-builders/>

The 21 Best Free Website Builders: We Expose Their Strengths and Weaknesses



## How do we share instructions?



Parents need a way to remember what to do or how to intervene between sessions.



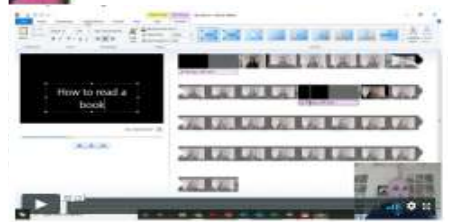
Teachers would benefit from seeing examples or knowing how to improve communication in the classroom.



The fastest and most impactful way to share instructions is with videos.

LINGUISTICS Our Clinic For SLPs For Schools For EI

Easily Making SLP Videos to Share with SLPs and Families



The Speech Therapy Blog:

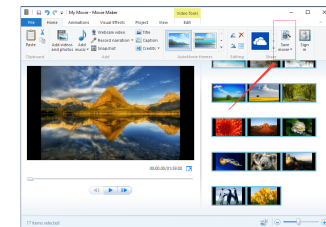
Easily Make SLP Videos

## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

1. Use the Free Software your computer has:

PC = Windows Movie Maker

Mac = / Quick Time / iMovie / Photo booth





## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

### 2. Clap Your Hands After You Mess Up

Clapping your hands causes the audio to spike so that you can see where your mistake was. It makes it really easy to edit those parts out.



## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

### 3. Don't Turn Your Camera Off

If you make mistakes, keep rolling! Turning your camera off and on takes up a lot of time and can make you more-and-more nervous. Just roll with it and cut out the bad stuff later.

### 4. Add a Title Slide or Beginning Statement

Let's face it, we really don't want to invest our time into a video if we don't know what it is about. While it breaks our story-telling hearts, we need to begin by saying EXACTLY what the video is about.

*"This is a two-minute video that will show you how X, Y, & Z."*

## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

### 5. Smile for a Few Seconds Before You Start Talking

If you smile and hold your smile for two seconds before you begin to talk, it is easier to find a frame you like to begin with.



## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

### 6. Use Transition Slides to Cover-Up Bad Transitions

If you cut out a section you don't want. You can spend hours trying to make the pieces fit together or make your face not look weird. Throw a transition action like Fading or a screen with a title between the breaks: "Next, How to Teach Following Directions"

### 7. Keep them short!

Research from Vimeo, Youtube, and Facebook indicates that there is a big drop-off in watching after three minutes. This is permission for us to keep it short!

## 8 Tips for Easy – Fast – Free Speech Pathology Video Creation

### 8. Shrink your videos using Handbrake

Handbrake is a free program that you can download to your computer to reduce the size of the video.



<https://handbrake.fr/>



## Telepractice Work-Life “Balance” :

Unblurring the Lines in the Age of Overlap



## 11 Tips for Working Remotely and Maintaining a Sense of Harmony

Gathered from  
Industries Who  
Have Made the  
Transition to  
Remote Working



## Be careful how you define yourself

"We tend to form our identity around what we do as a job. Part of the point of work-life balance is recognizing that there's more to you than being a therapist."

Work-life balance helps practitioners to avoid over-identifying with one role."

Roberta L. Nutt, PhD, chair of the APA  
Board of Professional Affairs' Advisory  
Committee on Colleague Assistance (ACCA)

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## Start with making some small changes

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You don't need dramatic upheaval, you just need to set your priorities and build up some small wins.



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## Have a clear endpoint to your work day

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Have a set time when you're done for the day, and allow yourself to recharge and engage in non-work activities after that point.



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## Be unavailable

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Unplug your devices and step away from the outside world.



## Have a strong non-work, non-household social support network

Research shows a correlation between social support and lower levels of work-family conflict



(Quick & Tetrick, 2002, p. 151).



## Have fun after work during the week

Don't save all of your fun activities for the weekend. What are you doing during the weeknight after work?



## Know your limitations

*"Nowadays with the information age it feels as if there is always more to do than one can truly accomplish in one day."*

*"Accept that you're not going to be able to do everything that you want to do."*

Learn how to say "no"  
Learn how to say "later"

Jonathan Huppert, PhD, assistant professor of clinical psychology in psychiatry at the University of Pennsylvania

## Deliberately and intentionally take time off

Don't forget about your vacation days!

Devote periods of time to personal interests outside of the workplace.



## Develop outside interests

Psychology research indicates that having an outside interest improves mental health.

- Hobbies
- Volunteering
- Recreational activities
- Exercise



## Embrace flexibility

My daughter's math teacher during the pandemic:

*Hi all,*

*All of my lessons are now up online. I set up my office and classroom hours so that I can also help get my three kids set up during their classes.*

*I will have office hours from 9-10 am and 5-7 pm. And of course we will meet for class at 11am.*

## Adopt a long-range perspective

"We all have different needs to balance during different stages of our careers... Keeping things in perspective and creating a long-term balance is important. We may not be able to keep every day balanced, but we can work to keep the week or the month balanced. We all need to find the steps that work for us."

Roberta L. Nutt, PhD, chair of the APA Board of Professional Affairs' Advisory Committee on Colleague Assistance (ACCA)