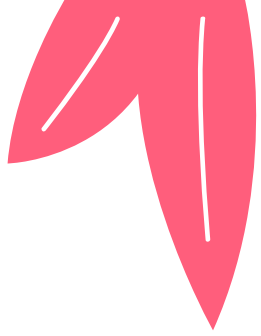


# The Use of Telehealth to Reach More Populations

TNOTA Conference 2021



**Scan for link to this  
PowerPoint to follow along!**





# What is this course?

This course presents innovative telehealth practices to reach the needs of individuals across the lifespan in a variety of practice settings from research, first-hand accounts, and an entrepreneurship model.



# Course Objectives



## Objective 01

Learners will feel proficient at the use of telehealth for their practice.

## Objective 02

Learners will be prepared to use telehealth services across the lifespan within a variety of practice settings.

## Objective 03

Learners will be able to start an entrepreneurship platform for his/her own practice in-person, through telehealth, or in combination.





# Outline

1. **Telehealth Basics with Barb**
2. **Allison's Advanced Telehealth**
3. **Alicia and Adult Telehealth**
4. **Sandy's Parent & Student Perspective on Telehealth**
5. **Tanner's Telehealth Manual & Practical Applications**



# Meet our team:



**Barbara Meussner,  
OTR/L, MBA**



**Allison Shackelford,  
OTR/L**



**Alicia Rinks, OTR/L**



**Sandra Dicks, OTS**



**Tanner Petty, OTD**



# 1. Telehealth Basics with Barb

1. Legislation
2. Getting started
3. Key must haves

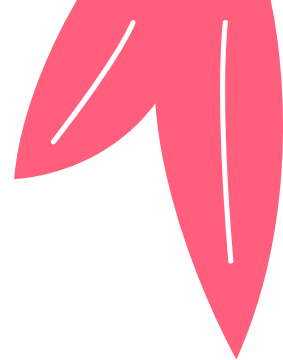
# 1. Legislation

## The good news!!!

Posted April 17, 2021 TNOTA

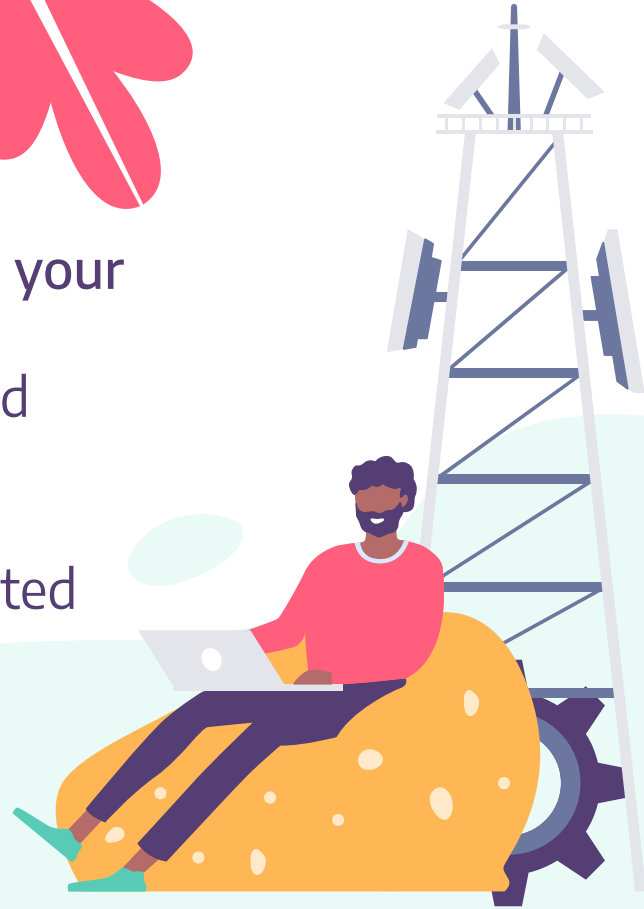
Great news! Thanks to the tremendous efforts of TNOTA leadership, members, and OT stakeholders across the state, TNOTA's sponsored bill (SB1072/HB1275) amending the OT practice act has passed!

This legislation updates OT practice settings to include telehealth-- this means that OT practitioners are now able to use telehealth as a service delivery model permanently. This legislation also acknowledges that OTs may provide a treatment diagnosis to patients.



## 2. Getting Started:

1. Choose your platform based on your location guidelines
  - a. Platform needs to be secured
  - b. Ensure families have access
  - c. Many platforms available
  - d. We use zoom secure encrypted



# Getting Started, cont.

2. Become familiar with virtual therapy sessions.

\*watch some videos ex: Etherapy

3. Contact and schedule families, ensure they have connection to your platform

4. Plan your sessions by reviewing goals and identifying activities that would be appropriate during a virtual meeting.



# Getting Started, cont.



5. Consider follow up activities the family/patient may do as a home program before your next visit- prepare in advance.
6. Telehealth sessions are medical visits and require the same level of confidentiality as face to face visits.
7. Being prepared to use coaching, consultation, and train the trainer models.

# Getting Started, cont.



8. Thinking of household objects and daily activity routines to achieve therapy goals.

9. Ensuring environment is free from distraction and interruption.

10. Obtain informed consent.

11. Document the start and stop time of the telehealth session for your medical record.



### 3. Key must haves

SEE QPR CODES AT END OF  
PRESENTATION





## 2. Advanced Telehealth with Allison

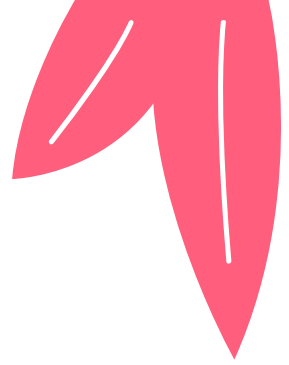
# OBJECTIVES



- Design a Google Classroom/Treatment Space
- Learn ideas for digital sources that can be utilized in both telehealth treatment and in person



# WHAT IS A GOOGLE CLASSROOM/TREATMENT SPACE AND WHY IS IT IMPORTANT?




- 1.** It is a space that you can create to be your own.
- 2.** It can organize sites that you like to use during your sessions into one area to ease transitions between activities.
- 3.** It can provide your clients with a “visual space” to look at that can remind them of your “in-person” treatment experiences.



# MAKING A GOOGLE TREATMENT SPACE




1. Go to [www.google.com](http://www.google.com)
  2. Click on Google apps- 9 dot grid in the upper right hand corner
  3. Scroll down to Slides and click on it (1<sup>st</sup> app on the 7<sup>th</sup> row)
  4. Click on Blank Presentation
  5. Click at the top and name your space
    - i. Example: Occupational Therapy Room
- 













# Google


Search Google or type a URL

- Time and Att...
- EasyIEP (tnm...
- Art For Kids ...
- Google
- Boom Cards
- Highlighte Kids
- Typing.com
- My Account
- K
- Add shortcut

Gmail Images 

Chat

 Finance	 Docs	 Sheets
 Slides	 Books	 Blogger
 Hangouts	 Keep	 Jamboard
 Classroom	 Earth	 Collections

 Customize Chrome



# MAKING A GOOGLE TREATMENT SPACE

- Right click on the blank slide and scroll down to Apply Layout and choose the very last one that is completely blank
- Next, you will choose a wall and floor background
  - In the middle of the screen, click on Background
  - Click on Upload Image
  - Click on Google Image Search
  - Type in Floor and Wall Background

1

Cut Ctrl+X  
Copy Ctrl+C  
Paste Ctrl+V  
Paste without formatting Ctrl+Shift+V  
Delete  
Change background  
Apply layout  
Change theme  
Transition  
Comment Ctrl+Alt+M  
Guides

are A

Title slide Section header Title and body  
Title and two columns Title only One column text  
Main point Section title and description Caption  
Big number Blank

Simple Dark  
Click to add title  
Import theme



### Background

Color

Image

Reset to theme

### Themes

Click to add title  
Click to add subtitle

Simple Light

Click to add title  
Click to add subtitle

Simple Dark

Click to add title

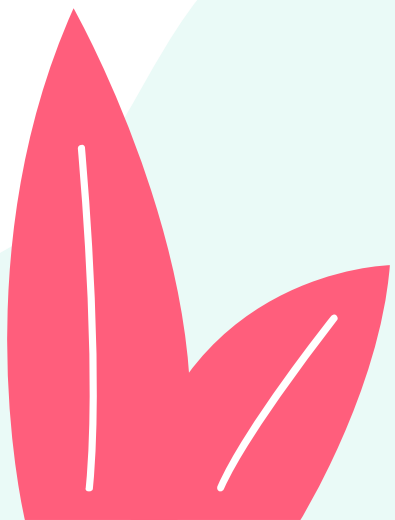
Search: floor and wall background

UPLOAD CAMERA BY URL PHOTOS GOOGLE DRIVE **GOOGLE IMAGE SEARCH**

The image search results display a grid of 12 different background textures. The first row contains four images: a white brick wall with a wooden floor, a bright orange glowing room, a rustic wooden floor, and a brick wall with a wooden floor. The second row contains four images: a dark wooden floor, a dark wood wall, a white textured wall with a wooden floor, and a light blue wall with a wooden floor. The third row contains four images: a landscape scene with a wooden floor, a light blue wall with a wooden floor, a light wood wall, and a light brown textured wall.

# MAKING A GOOGLE TREATMENT SPACE (CONT'D)

- Click on the image that you would like and click on Insert (at the bottom)
- The next steps may differ from one individual to another and I will give you some examples



# CHOOSING FURNITURE/ITEMS



1. You can choose furniture, plants, toys, etc to go in your room.
2. Click on Insert  Highlight Image  Search the web
3. Type in what piece of furniture/item you want
  - i. i.e “table”
  - ii. pictures of various tables will appear
  - iii. Click on the one that you like and make sure that it is transparent



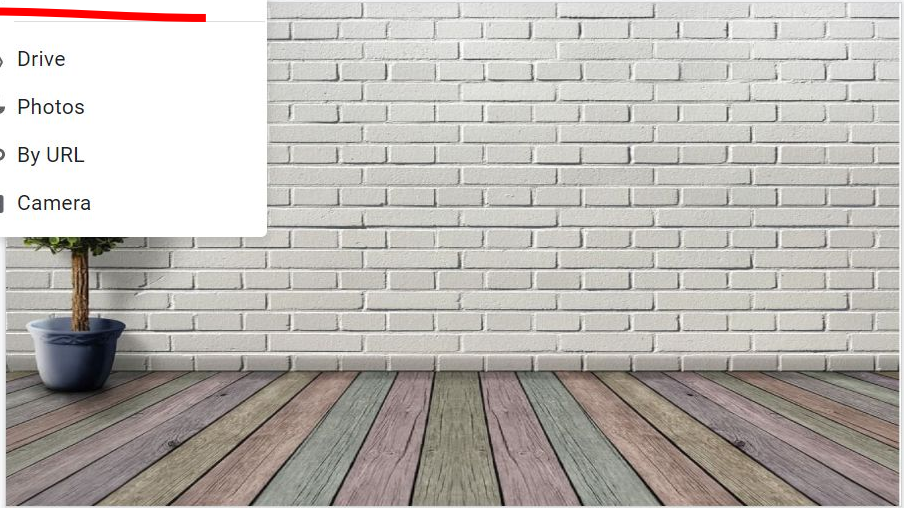
# Occupational Therapy Room

File Edit View **Insert** Format Slide Arrange Tools Add-ons Help Last edit was seconds ago

Present Share

- Image**
- Text box
- Audio
- Video
- Shape
  - Table
  - Chart
  - Diagram
  - Word art
  - Line
- Special characters
- Animation
- Link Ctrl+K
- Comment Ctrl+Alt+M

- Upload from computer
- Search the web**
- Drive
- Photos
- By URL
- Camera

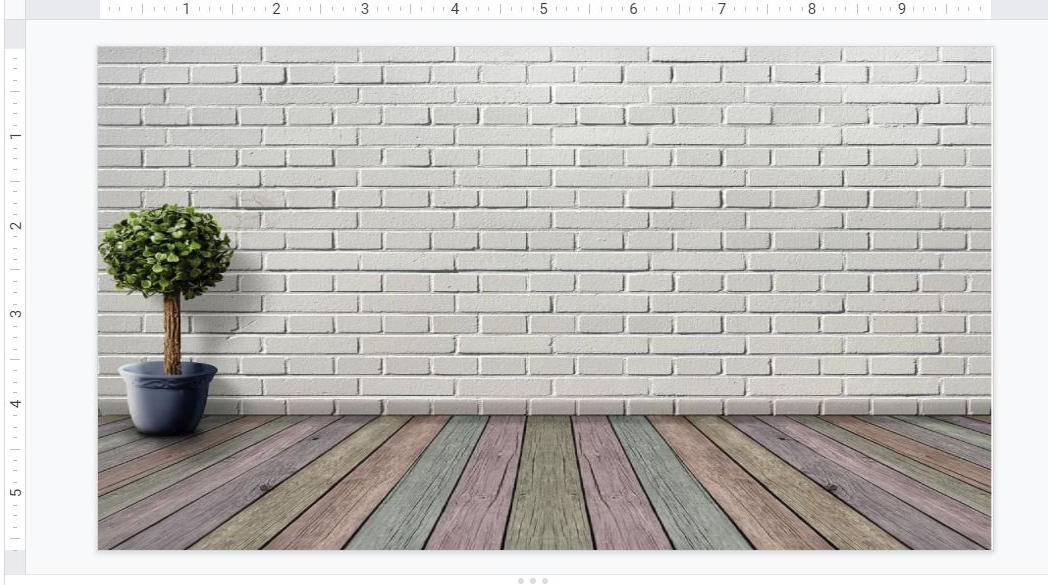




# Occupational Therapy Room

File Edit View Insert Format Slide Arrange Tools Add-ons Help Last edit was seconds ago

Present
 Share



Click to add speaker notes



table

# CHOOSING FURNITURE/ITEMS

The image shows a Google Slides presentation interface. The main slide features a 3D rendering of a square wooden table with four legs, set against a background of a grey brick wall and a wooden floor. A blue selection box with handles is overlaid on the table, indicating it is being edited. The interface includes a top menu bar with options like File, Edit, View, Insert, Format, Slide, Arrange, Tools, Add-ons, and Help. A right-hand sidebar displays the 'Themes' panel, showing two theme options: 'Simple Light' (white background) and 'Simple Dark' (black background). Below the themes, there is an 'Import theme' button. The bottom of the screen shows a Windows taskbar with various application icons and a system tray displaying the time as 9:31 PM on 10/3/2020.

# CHOOSING FURNITURE/ITEMS

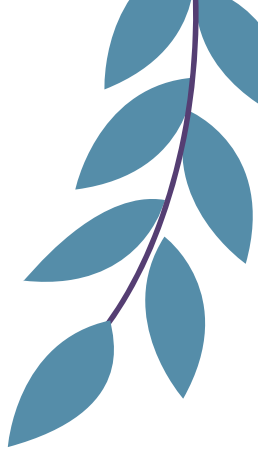


- You can resize and move the furniture or item in the room by clicking and dragging.
  - You can move items, place items on shelves, or delete items as needed.
- 
- 



# ADDING THERAPY TOOLS

- You can add pictures/items of activities that you use in your therapy sessions such as puzzles, bubbles, toys, etc.
- To add a picture/item
  - Click on Insert  Image
    - Upload from Computer
      - Example: You can upload a picture of your choice to your computer- make sure that it has a transparent background for most realistic look, but it does not have to- double click the image, resize, and drag to place where you want it
    - Search the web
      - Example: bean bag transparent background  click on the picture that you want and click on INSERT located at the bottom of the screen. You can then resize the item and drag too place where you want it.

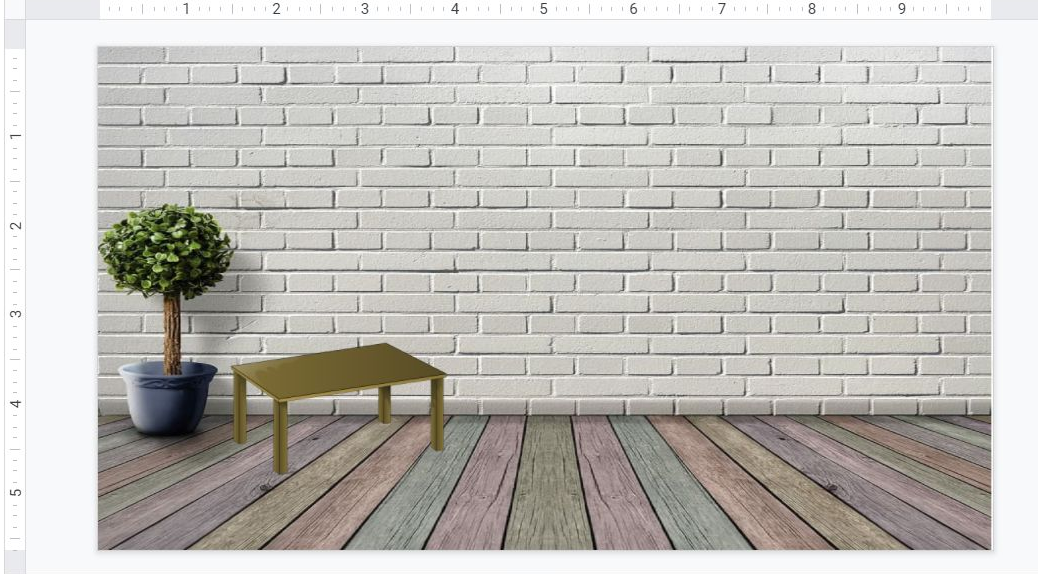


# Occupational Therapy Room

File Edit View Insert Format Slide Arrange Tools Add-ons Help Last edit was 2 minutes ago

Present Share

Background Layout Theme Transition

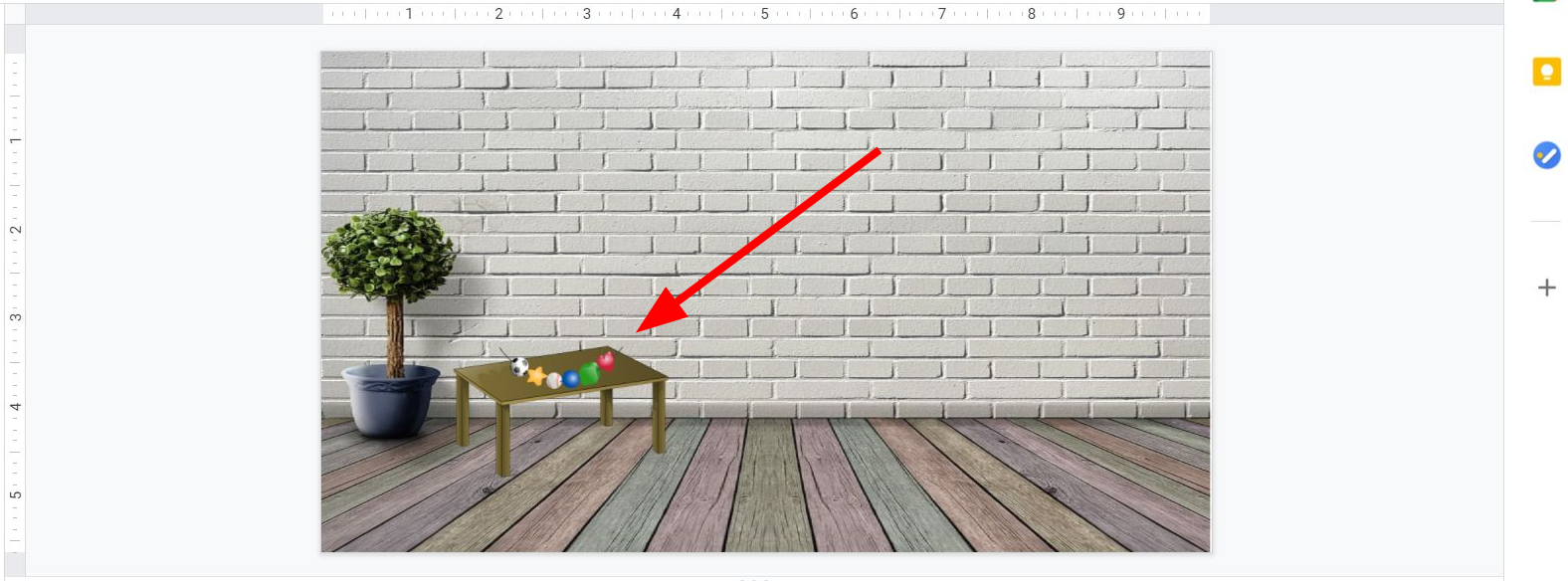
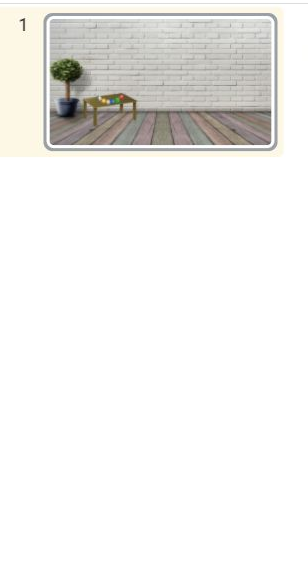


Click to add speaker notes

string beads transparent bar

1 selected

**INSERT**



Click to add speaker notes



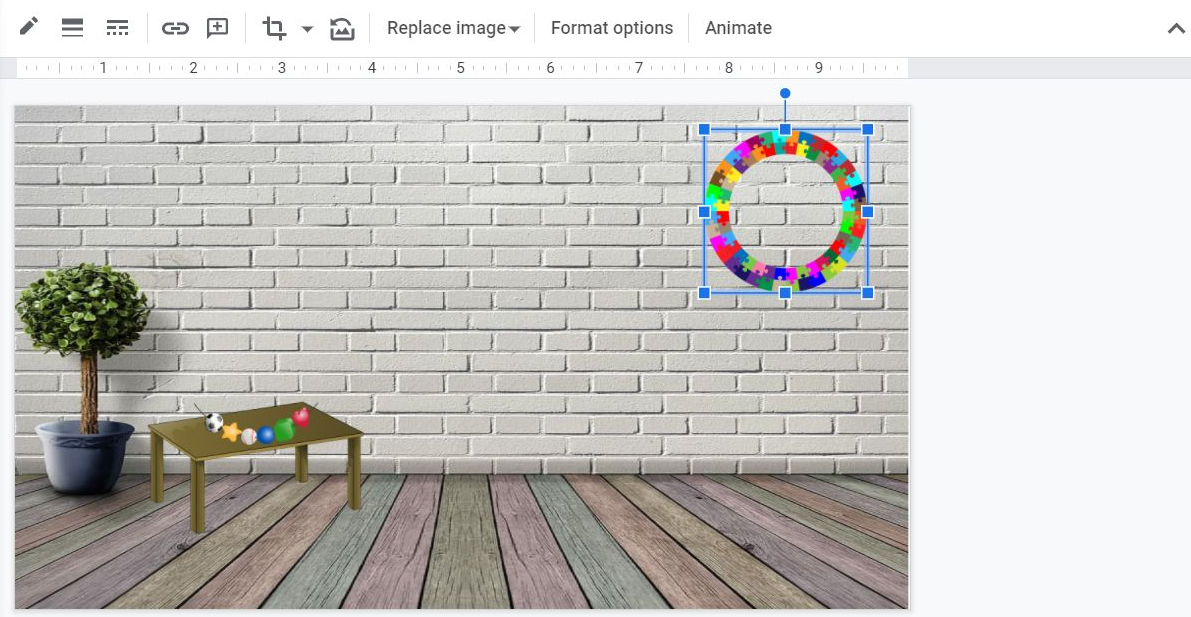
## ADDING A LINK

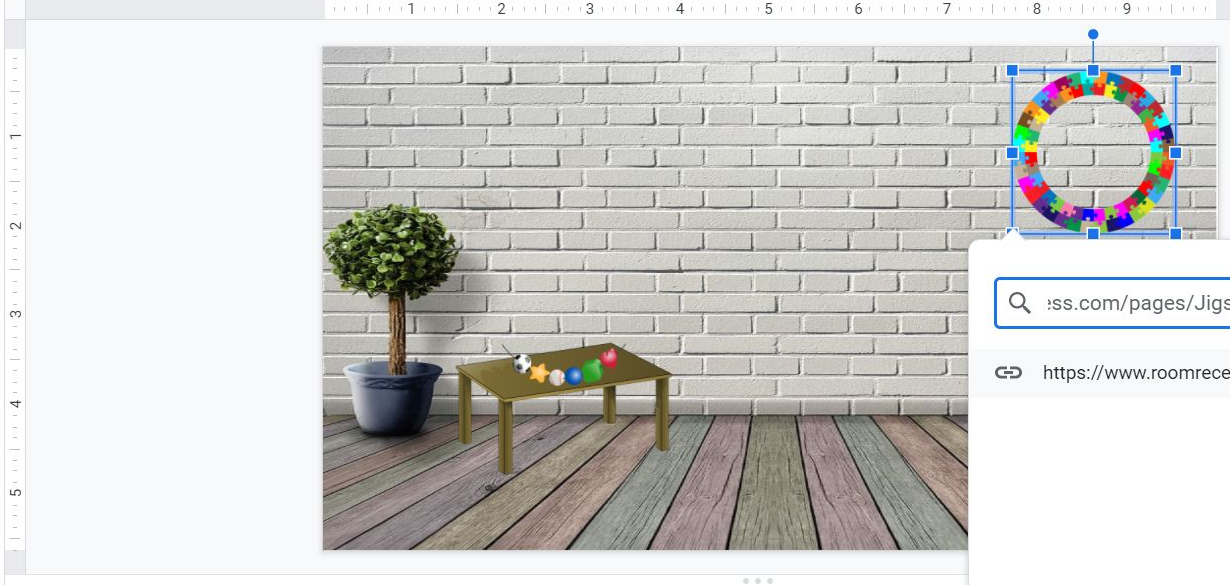
- In your room, you can have links attached to items in your room to make it easier to pull up your activities and sources that you use during your treatment sessions.
- For example, you could have a puzzle box item that when clicked on would take the user to a digital puzzle source
- To add a link, click on the item in your room to highlight. Then, click on “Insert” at the top of the page and scroll down to the 13<sup>th</sup> item “Link” and click it. Then, add your website address.





- Video
- Shape
- Table
- Chart
- Diagram
- Word art
- Line
- Special characters
- Animation
- Link** Ctrl+K
- Comment Ctrl+Alt+M
- New slide Ctrl+M
- Slide numbers
- Placeholder



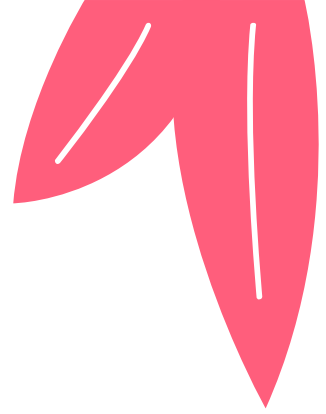


🔍  Apply

🔗 <https://www.roomrecess.com/pages/JigsawPuzzle...>

Click to add speaker notes

# ADDING A BITMOJI

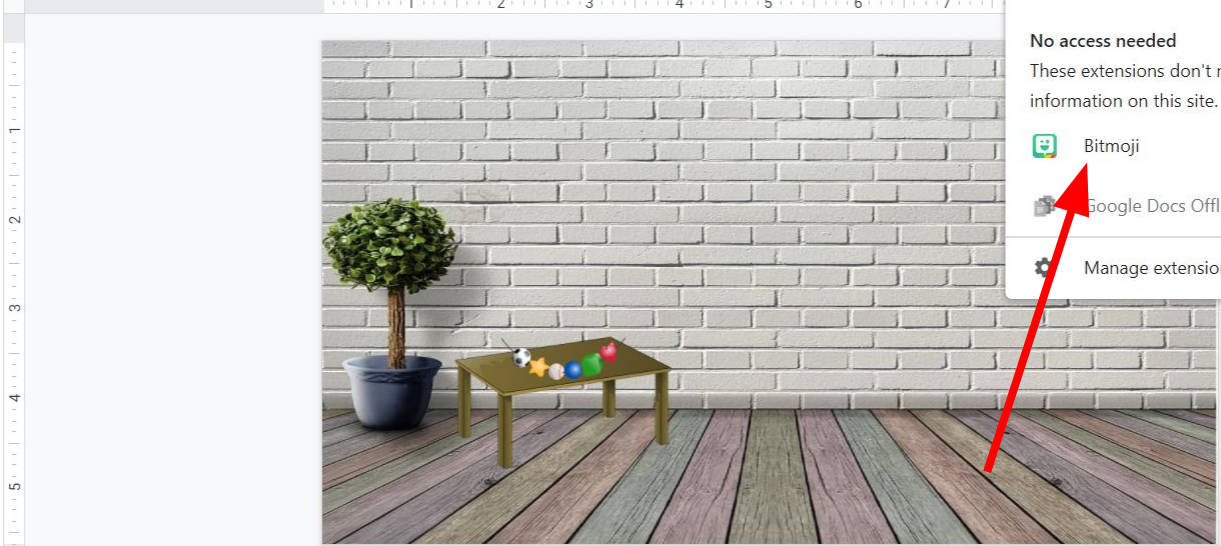


- Go to [www.bitmoji.com](http://www.bitmoji.com)
- Download the app
- Open the app and create your own avatar
- At the top right hand corner of your Google slides page, you will see a circle with a letter in it that is your profile link and to the left of that is a ink splat
- Click it to open Extensions  Open Chrome Web Store
- Search the store for Bitmoji and click on it to add the extension to chrome
- You will need to use your Bitmoji Log on username and password

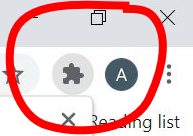
# Occupational Therapy Room

File Edit View Insert Format Slide Arrange Tools Add-ons Help Last edit was 5 hours ago

Background Layout Theme Transition



Click to add speaker notes



## Extensions

### Full access

These extensions can see and change information on this site.

Imprivata OneSign

### No access needed

These extensions don't need to see and change information on this site.

Bitmoji

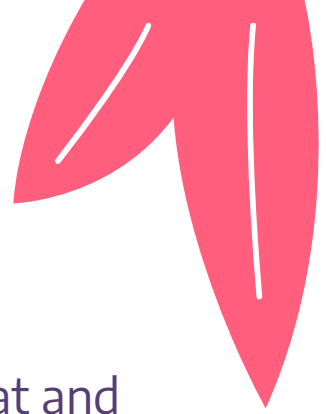
Google Docs Offline

Manage extensions

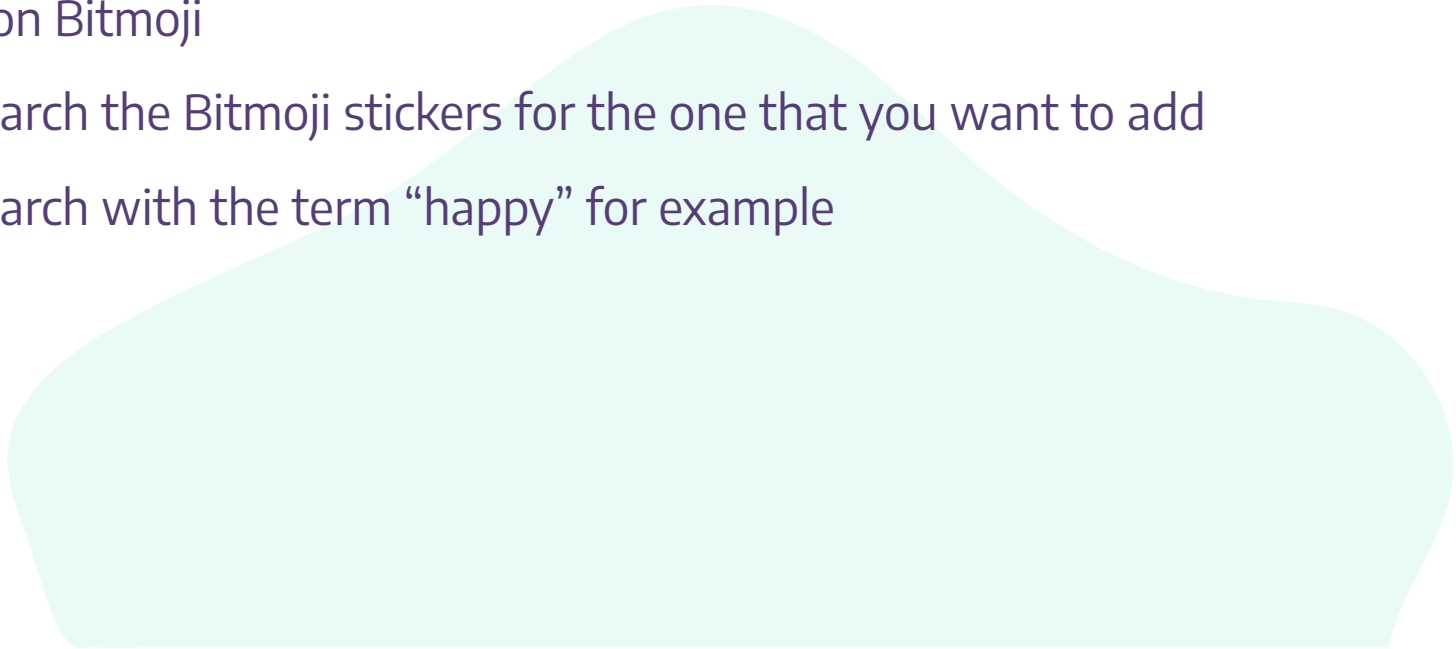




# ADDING A BITMOJI



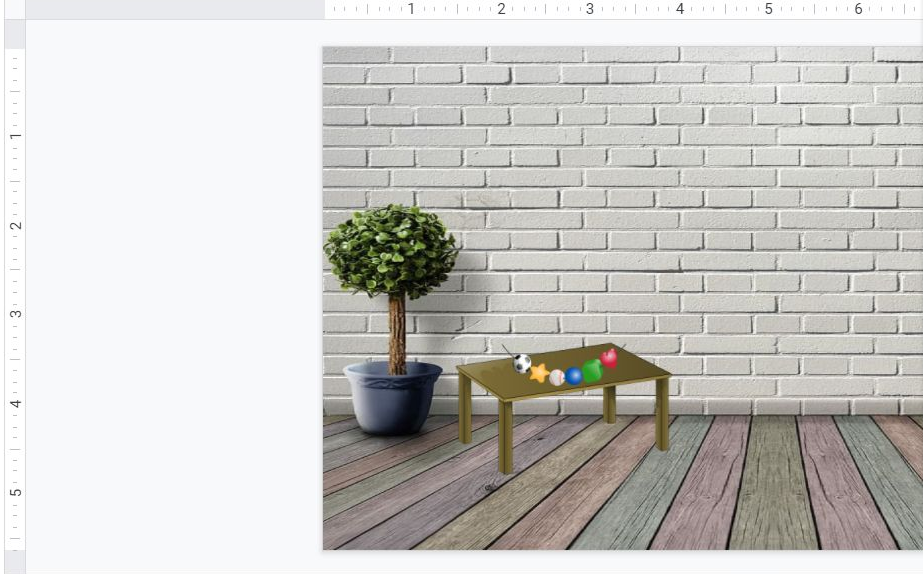
- When you are ready to add a Bitmoji, you will click on the ink splat and then click on Bitmoji
- You can search the Bitmoji stickers for the one that you want to add
- You can search with the term “happy” for example



# Occupational Therapy Room

File Edit View Insert Format Slide Arrange Tools Add-ons Help Last edit was 5 hours ago

Background Layout Theme Transition



Click to add speaker notes

### Bitmoji

happy

SO HAPPY

TEARS OF JOY

HAPPY DAY

Reading list

re A

31

+

+

+



# ADDING A BITMOJI





# CALM DOWN

## Corner Strategies

**5-4-3-2-1**

Notice 5 things you see.	Notice 4 things you feel.
Notice 3 things you hear.	Notice 2 things you smell.
Notice 1 thing you taste.	



**TAKE FIVE**

1 2 3  
4 5

**FLOWER BREATHS**

**COLORING BOOK**

**SQUARE BREATHS**

Hold for 4  
Inhale  
Exhale  
Hold for 4

**MUSIC**



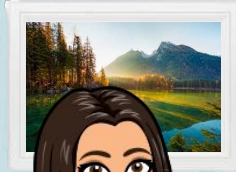
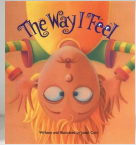
What Zone am I in?

Blue	Green	Yellow	Red
Sad Nerv Upset Bored Moving Nowhere	Happy Calm Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Some Loss of Control	Very Angry Anxious Yelling/Outrage Frustrated Out of Control

KEEP CALM AND LOVE YOURSELF



# SENSORY ROOM



**ZONES OF REGULATION!**

Blue	Green	Yellow	Red
Sit Lie Breathe Wearing Slacks	Happy Calm Good to Go Ready to Learn	Frustrated Worried Silly/Wiggly Excited	Mad Angry Yelling/ Screaming Out of Control Wants More and More

COURTESY: JANE WOOD OCCUPATIONAL THERAPIST





# Digital Resources



The logo for 'PINK OATMEAL' features the word 'PINK' in a bold, red, sans-serif font with a slight 3D effect, and 'OATMEAL' in a black, sans-serif font. The text is centered on a white rectangular background. The entire graphic is set against a light teal, wavy background that resembles a splash or a hill. There are two stylized leaves: a red one at the top right and a blue one at the bottom center, both with white outlines.

# PINK OATMEAL

Providing Physical Activity and  
Motor Planning Ideas

# PINK OATMEAL



- Chanda Jothen is the founder and creator
- HUGE resource for movement breaks, gross motor activities, fine motor activities, task cards, range of motion and strengthening cards, interactive digital games





# PINK OATMEAL



## ● Popular links:

- Freebie Library - 60+ free resources: <https://www.pinkoatmeal.com/freebie-library/>
- Digital Resources (over 50): <https://shop.pinkoatmeal.com/product-category/interactive/>
- Tech Help - <https://shop.pinkoatmeal.com/tutorials/>
- Pediatric Teletherapy Ideas: <https://www.pinkoatmeal.com/pediatric-teletherapy-ideas/>



# PINK OATMEAL AND OT



- Find it, Write it Visual Motor and Handwriting
- Fine Motor Dough Digital Escape Room
  - Have the client fill in the missing number, count, and complete addition problems to “unlock” a hand strengthening playdoh exercise



# Find it, Write it





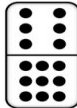

Find It, Spell It Visual and Spelling x Find, It Write It Visual Motor and x

File | C:/Users/ashackelford/Desktop/TELEHEALTH/Pink%20Oatmeal/Find,%20It%20Write%20It%20Visual%20Motor%20and...

2 of 32

This file has limited permissions. You may not have access to some features. [View permissions](#)

Pick a theme.

SCHOOL SUPPLIES 	ANIMALS 
DOMINO 	CLOCKS 


Type here to search

Shortcuts

10:00 AM 9/8/2021

This file has limited permissions. You may not have access to some features. [View permissions](#)


Can you find these animals?



BACK TO CHOICES



You found it! Now can you write it?



Rabbit

© PINK OATMEAL

BACK TO GAME

# FINE MOTOR DOUGH DIGITAL ESCAPE ROOM

Fine Motor Dough Escape Room - Completed.pdf (SECURED) - Adobe Acrobat Reader DC

Home Tools Fine Motor Dough ... x

3 / 45 64.3%

**Clue 1**  
Solve The Problems Below To Unlock Your First Task

1, 2, 3 \_\_\_\_ 5, 6, 7

2, 4, 6 \_\_\_\_ 10, 12, 14

10, 9, 8 \_\_\_\_ 6, 5, 4

UNLOCK

12:02 AM 10/18/2020

This screenshot shows the first page of a digital escape room. It features a blue background with a white rounded rectangle containing the text 'Clue 1' and instructions to solve three simple arithmetic problems. A small white oval with the word 'UNLOCK' is positioned at the bottom right of the white area. The Adobe Acrobat Reader interface is visible at the top and bottom.

Fine Motor Dough Escape Room - Completed.pdf (SECURED) - Adobe Acrobat Reader DC

Home Tools Fine Motor Dough ... x

4 / 45 64.3%

**Unlock The Code**

4 8 7

5 8 7

4 7 7


GO BACK

12:03 AM 10/18/2020

This screenshot shows the second page of the digital escape room. It features a blue background with a white rounded rectangle containing the text 'Unlock The Code' and three circles, each containing a sequence of three numbers. A small white oval with the words 'GO BACK' is positioned at the bottom right of the white area. The Adobe Acrobat Reader interface is visible at the top and bottom.



**CORRECT!!!**  
**Dough Squish**



To Move To The Next Clue

**NEXT CLUE**



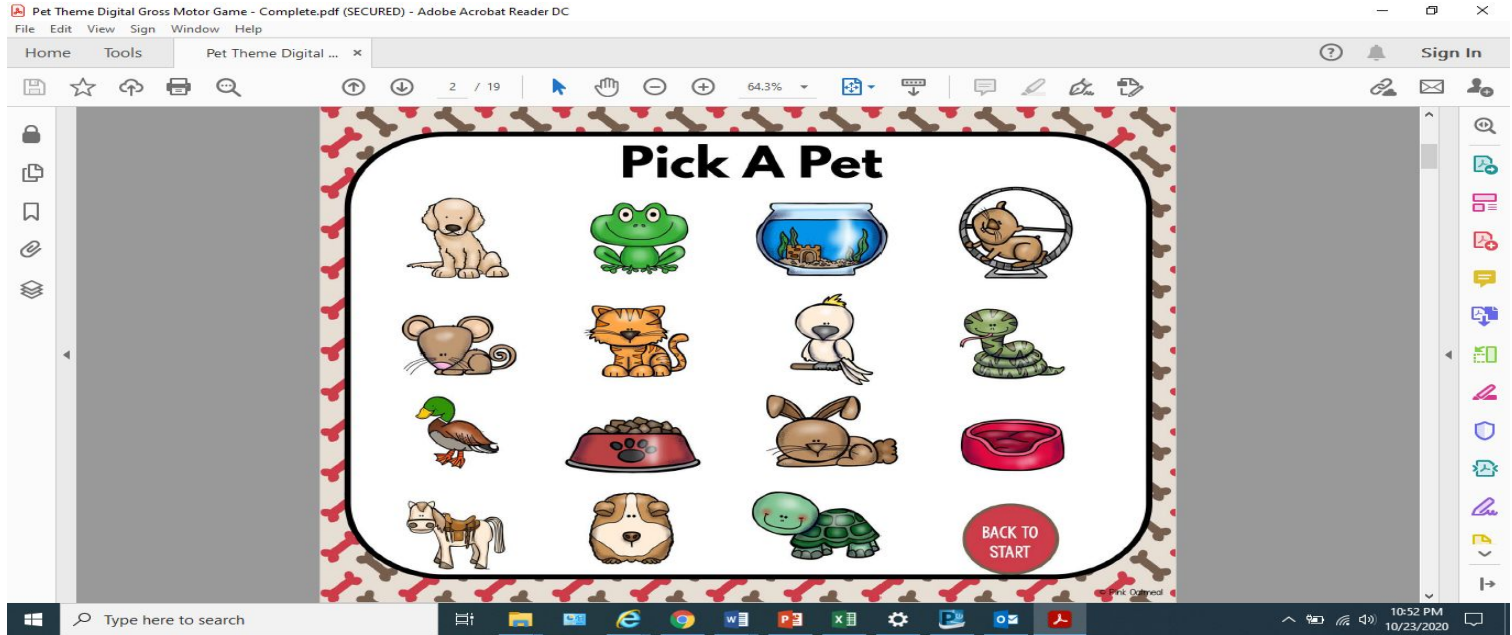
# **PINK OATMEAL AND OT: Movement Activities**

- Halloween Themed Movement Story
- Ice Cream Treat Gross Motor Digital Game
- Pirate Themed Gross Motor Digital Game
- Pet Themed Gross Motor Digital Game





# PINK OATMEAL AND OT



**Frog**

Squat Down  
and Jump

BACK TO GAME

BACK TO START

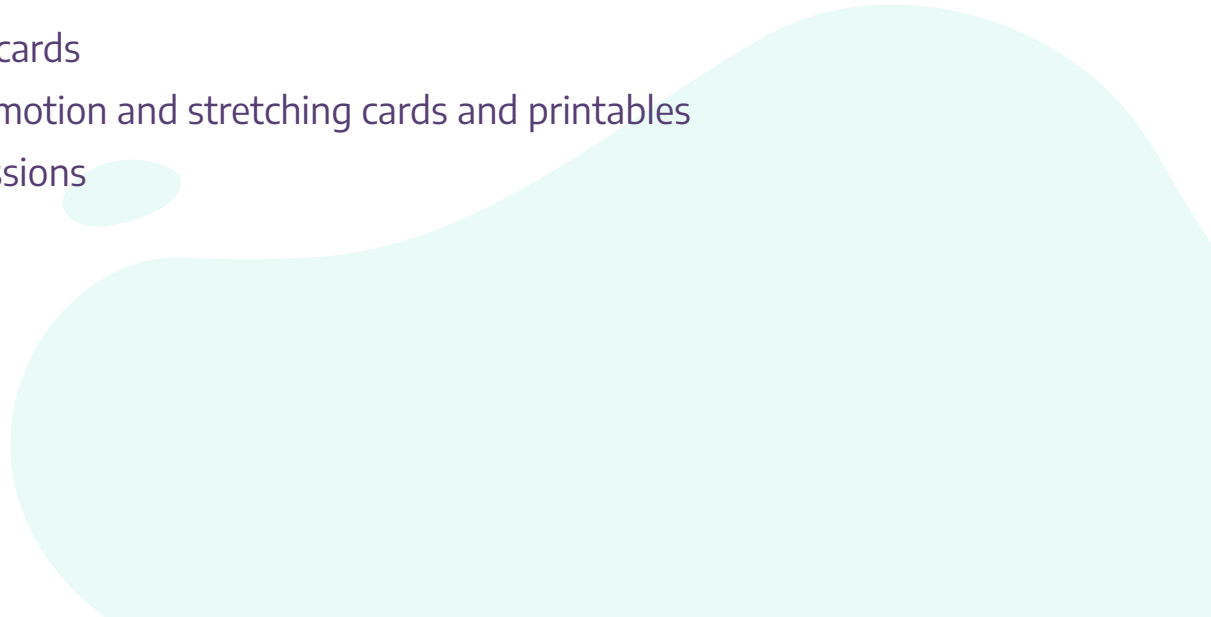
Pink Connect

The slide is framed with a decorative border of red and brown bones. It features a cartoon illustration of a girl with blonde hair and a pink bow, sitting on a chair in a squatting position. To her left is a green cartoon frog. The text 'Frog' is at the top in large red letters, and 'Squat Down and Jump' is in the center. Two red circular buttons at the bottom are labeled 'BACK TO GAME' and 'BACK TO START'. A small 'Pink Connect' logo is at the bottom center.

# PINK OATMEAL AND OT



- Movement Breaks, yoga poses, gross motor activities, balance activities
  - Jumping and trampoline task cards
  - Active and dynamic range of motion and stretching cards and printables
  - Balance activities and progressions
  - Wheelchair activity cards
  - Digital games



# PINK OATMEAL AND OT

Race To The Gingerbread House

PowerPoint Presentation

File | C:/Users/ashackelford/Downloads/Gingerbread%20race.pdf

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tnmadisoni...

Jog in Place x10  
Seconds

One Leg Hop x10

Foot Stomp x10

Elbow to Knee x10

Floor Touch x10

Toe Raises x10

Back To Start

Jumping Jacks x10

One Leg Balance x10

Kneel Hugs x5

Back To Start

Lunge x10

Squat x10

March x5

Twist x5

Back To Start

Spin x10

Jump x10

START

GINGERBREAD

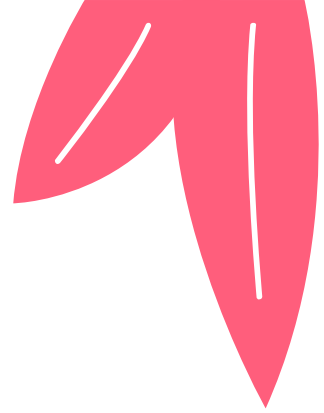
Type here to search

11:07 PM  
10/23/2020

# **SUPER DUPER PUBLICATIONS**



# SUPER DUPER



- Go to Digital Learning
- Click on the topic that you are interested in and it will open subtitles of Books and Fun Decks
  - Books- You are able to open books, flip pages, share pages, etc.
  - Fun Decks: introduction, game activities, table of contents
    - Modes: freestyle, memory, game boards
    - Cards are presented at the bottom of the screen and you can click and choose the cards that you want in your deck
    - You can build a deck and you can also click and drag the cards and place them where you want to on the screen

# BOOK EXAMPLE- HIDDEN PICTURES



Super Duper Library | 180 Hidden Pictures for Articulation Practice

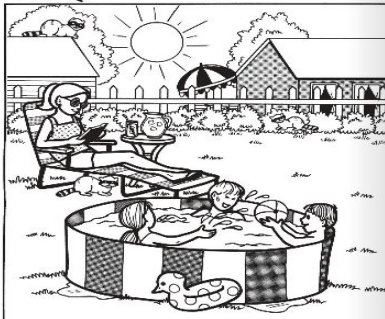
superduperinc.com/ODP/FlipBooks.aspx?sid=d0c196ac-f3ad-4d83-9096-98758a48e57e#9

WTH Intranet > Ho... | Centricity™ Time a... | Story Starters: Creat... | Keyboarding Practi... | Christmas Word Se... | Fun Christmas Activ... | Color by Letter Win... | EasyIEP (tmadisoni... | Feedback



Page Size | Flip Book | Page View | Contents | Feedback

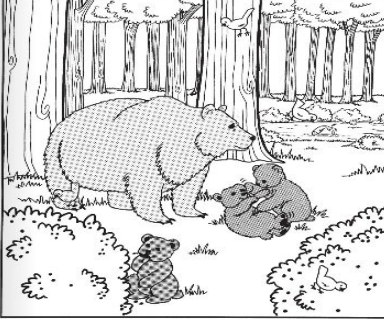
180 Hidden Pictures for Articulation Practice .

 Circle 3 hidden  (raccoons). Color the picture.



Name \_\_\_\_\_ Teacher's Signature \_\_\_\_\_  
Date \_\_\_\_\_ Skill: Initial R in words  
2 Speech - Language Pathologist ©2008 Super Duper Inc. All Rights Reserved.

 Circle 4 hidden  (robins). Color the picture.



Name \_\_\_\_\_ Teacher's Signature \_\_\_\_\_  
Date \_\_\_\_\_ Skill: Initial R in words  
3 Speech - Language Pathologist ©2008 Super Duper Inc. All Rights Reserved.

Type here to search | 10:31 PM 11/9/2020

# MARK-UP AND STICKER OPTIONS

Super Duper Library

180 Hidden Pictures for Articulation

superduperinc.com/ODP/FlipBooks.aspx?sid=d0c196ac-f3ad-4d83-9096-98758a48e57e#9

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tmadisoni... Feedback

Page Size Mark Up Page View Contents

180 Hidden Pictures for Articulation

Circle 3 hidden (raccoons). Color the picture.

Circle 4 hidden (robins). Color the picture.

WOW!

Name: \_\_\_\_\_ Teacher's Signature: \_\_\_\_\_

Speech - Language Pathologist Date \_\_\_\_\_ Skill: Initial R in words

2 3

Type here to search

10:33 PM 11/9/2020



# FUN DECK EXAMPLE

Super Duper Library    Following Directions

superduperinc.com/ODP/fundecks.aspx?sid=967a1c62-167f-4a34-900e-e99e068c4bc

WTH Intranet > Ho...    Centricity™ Time a...    Story Starters: Creat...    Keyboarding Practi...    Christmas Word Se...    Fun Christmas Activ...    Color by Letter Win...    EasyIEP (tnmadisoni...

**Modes**

- FreeStyle ✓
- Memory
- Game Boards

**Following Directions**  
-Free Style-

How-To    Feedback

7    13    17    10

Raise your hand.    Pat your head.    Snap your fingers.    Blink your eyes.

Clear Board

Drag to Resize Image

Type here to search

10:41 PM 11/9/2020

# SUPER DUPER AND OT



- Social skills
- Sensory diet
- Follow directions
- Fine motor
- Upper body and core strength
- Scooter board activities
- Therapy ball activities



# SUPER DUPER AND OT


Super Duper Library x Fine Motor x +

superduperinc.com/ODP/fundecks.aspx?sid=98ceffc3-56a3-498c-947c-ec1dc7836cb3


WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... Easy!EP (tnmadisoni... >>

**Modes** Fine Motor Fun Deck **How-To** **Feedback**  
-Free Style-

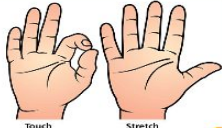
**Shake Your Sillies Out**  
Do a hand warm up by shaking the "sillies" out.



**Chair Push-ups**  
Place your hands on the sides of a chair, put weight on your hands and arms, and lift yourself up off the chair. Do as many as you can.




**Finger Stretch**  
Touch each finger to your thumb and then stretch your hand wide.

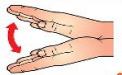


Touch Stretch


Filter Cards




**Alligator**  
Use your hands to be an alligator.




**Bear Claws**  
Form your hands into claws and show them to your friend.



**Do a Wiggle**  
Make a wiggle with your hands.




**Pumper Patches**  
Make a patch on an old t-shirt and use it to patch the t-shirt.



Touch Stretch

**Sticky Cars**  
Use your hands to make sticky cars.



Clear Board

Drag to Resize Image

Type here to search

11:16 PM 11/9/2020

# SUPER DUPER AND OT

- Fun Decks

- Move your body, body awareness

Super Duper Library x Move Your Body x +

superduperinc.com/ODP/fundecks.aspx?sid=a6567c37-9e8e-4f51-a4c7-4b5da1931585

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tnmadisoni... >>

Modes

Move Your Body  
-Free Style-

How-To Feedback

Hop like a frog.

Crawl slowly like a turtle.

Do five jumping jacks.

Fly like an airplane.

Skip.

Clear Board

Drag to Resize Image

11:05 PM



# **BOOM CARDS**





# BOOM CARDS

- Interactive
    - More engagement
  - Self-grading
    - Can provide data
  - Paperless
  - You can search and buy or create your own.
- 
- 

# BOOM CARDS

- Subject areas such as:
  - Art
  - Career and technical
  - English language arts
  - Health and physical ed
  - OT
  - Social Emotional Learning
  - Special education



# BOOM CARDS AND OT

- Visual perceptual
- Visual closure
- Visual figure ground
- Form constancy
- Identifying colors, numbers, and letters
- Problem solving
- Sequencing
- Yoga





# BOOM CARDS AND OT

Boom Cards! - Play

wow.boomlearning.com/play/MayzPFoYYHsNFikzM/teacher

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tnmadisoni...

Back Preview

4

LADYBUG WHICH IS DIFFERENT?


©ToolsToGrow01

Feedback

Overview

First

Previous

Skip

Hide Card

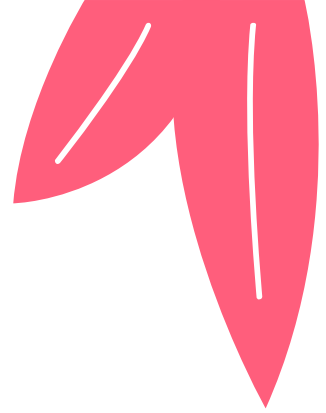
Give up

Type here to search

11:50 PM 10/17/2020

# BOOM CARDS AND OT

- I Can Move cards
- Yoga poses/moves
- Gross Motor Break
- Core Strengthening
- Body Awareness/Balance



# BOOM CARDS AND OT

Boom Cards! - Play

https://wow.boomlearning.com/play/DpyufNX5RPK8MpRFo/1

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tnmadisoni...

Back Preview

Select the numbers in order and complete all the exercises.

1. 9. 16. 8.

15. 12. 7.

2. 4. 6.

14. 11. 5.

10. 3. 13.

Feedback

boomWhite.png

Show all

Type here to search

10:29 PM  
10/17/2020

# BOOM CARDS AND OT

Boom Cards! - Play

wow.boomlearning.com/play/DpyufNX5RPK8MpRfo/1

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tmmadisoni...

Back Preview

1. March in place and count to 20.

More

Feedback

boomWhite.png

Show all

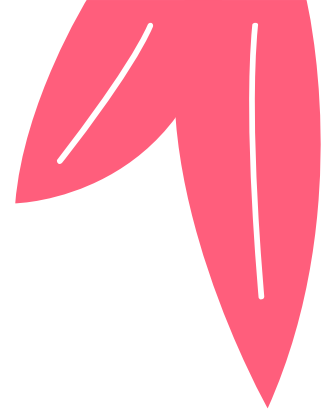
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# **LEARNING WITHOUT TEARS**



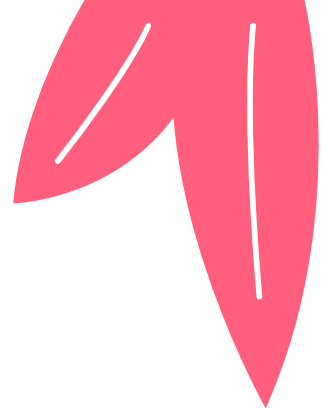
# LEARNING WITHOUT TEARS



- Interactive Digital Teaching Tool
  - Student and Teacher Editions
  - Lesson planner and assignments
  - Resources
  - Digital Formation Tools
  - A+ Worksheet Maker



# LEARNING WITHOUT TEARS



## ●Resources

- Music
- Live Teaching Videos
- Wet-Dry-Try
- Letter and Number Formation
- Capitals on Wood Pieces
- Animations
- “A Click Away” sheets
- Connections Videos (Our World)

# LEARNING WITHOUT TEARS

myLWT | Learning Without Tears x IDTT: The Interactive Digital Teac... x Keyboarding Without Tears x +

idtt.lwtears.com/books/LN/2018/8

WTH Intranet > Ho... Centricity™ Time a... Story Starters: Creat... Keyboarding Practi... Christmas Word Se... Fun Christmas Activ... Color by Letter Win... EasyIEP (tnmadisoni... >>

**Student Edition**

### FROG JUMP CAPITALS

F E D P B R N M are the Frog Jump Capitals.

Starting Corner Big Line Little Line Little Line

Jump!

Frog Jump Capitals start in the Starting Corner on the dot.  
Make a Big Line down.  
Frog Jump back to the Starting Corner.  
Now you are ready to Finish the letter.

8 Letters and Numbers for Me © 2018 Learning Without Tears

### F

BIG LINE LITTLE LINE LITTLE LINE

Copy F

Check F

### E

BIG LINE LITTLE LINE LITTLE LINE LITTLE LINE

Copy E

Check E

FROG

ELEPHANT

© 2018 Learning Without Tears

8 - 9 of 94

Letters and Numbers for Me

Type here to search

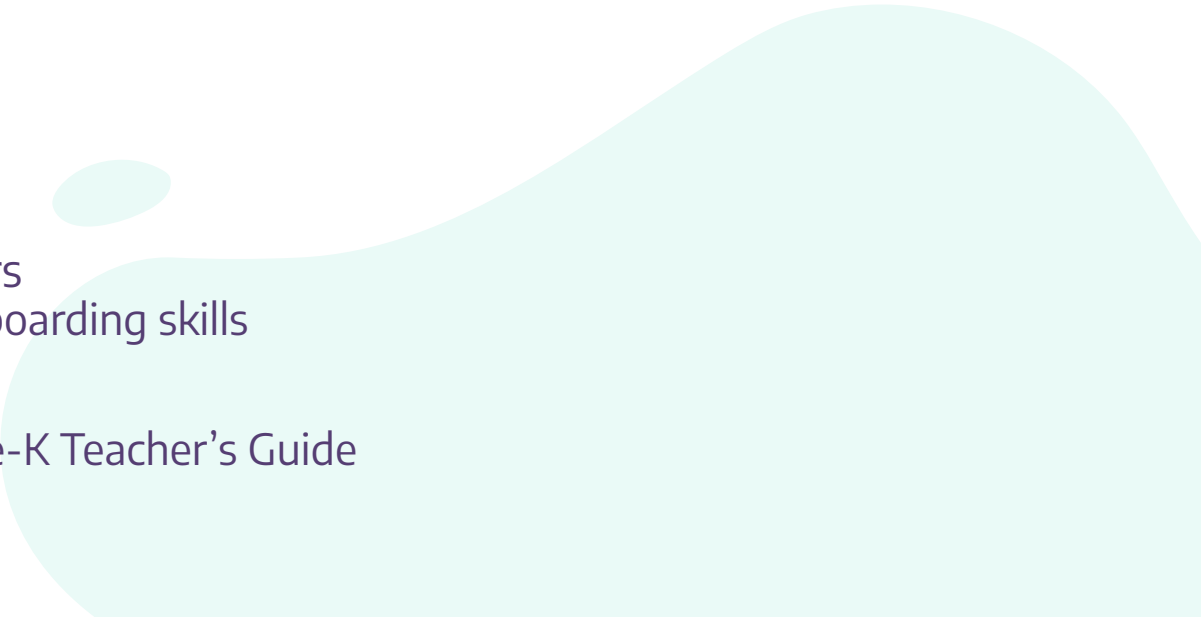
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# LEARNING WITHOUT TEARS

- Interactive Digital Teaching Tool
  - Kick Start Kindergarten
  - Letters and Numbers for Me
  - My Printing Book
  - Printing Power
  - Cursive Handwriting
  - Cursive Success
- Keyboarding Without Tears
  - Pre-keyboarding and keyboarding skills
- Pre-K Interactive Tool
  - Readiness and Writing Pre-K Teacher's Guide



# LEARNING WITHOUT TEARS



## ● Digital Formation Tools

- Letter and Number Formations/Wet-dry-try
  - Print Capitals
  - Print lowercase
  - 123
  - Cursive Capitals
  - Cursive lowercase
- Wood Pieces



# GREEN SCREENS



- Imaginative adventures
- PlaySpark Toys
  - PlaySpark Toys is a distance learning resource company that was created out of the COVID-19 pandemic by a SLP (Serena Murison) and an OT (Kylie Jeffrey). Our resources help guide all those seeking a more interactive distance learning experience by using a green screen. We provide free tutorials and virtual activities to educators across the globe. We want all children and educators to be able to access high quality distance learning in an affordable way. Distance education is part of our future and all children deserve to find their magic through play.

# Mat Man with Green Screen - Occupation Therapy on Zoom!



Play (k)

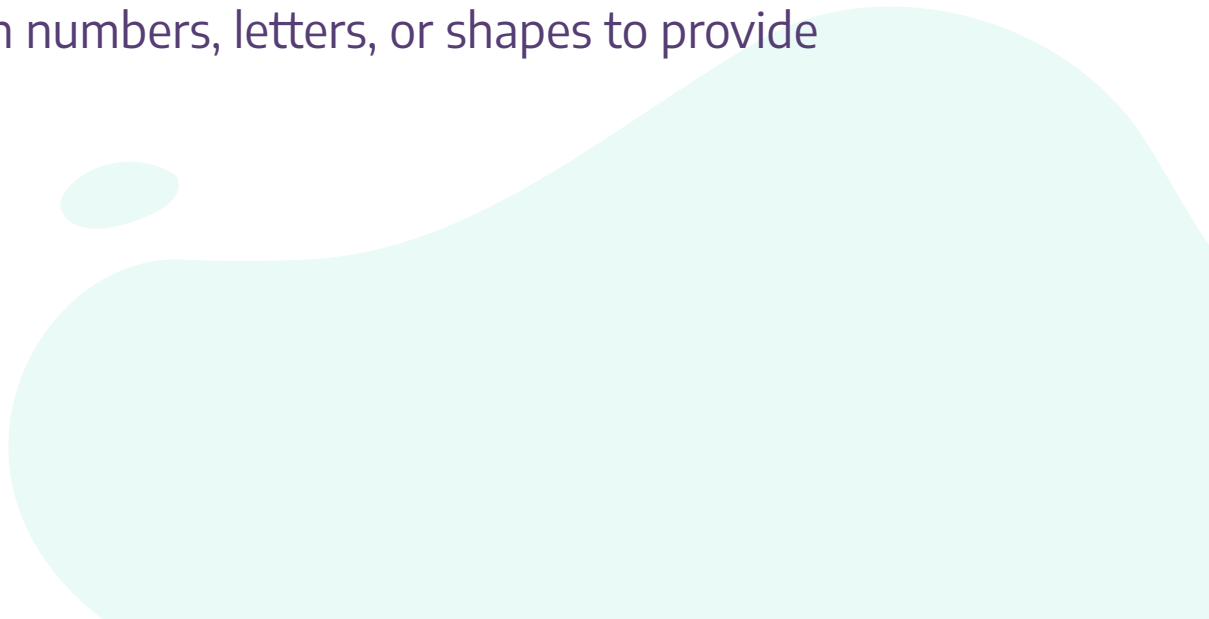
▶ ⏪ 🔊 0:46 / 3:37



# TROUBLESHOOTING



- Click and Drag feature (not available on Chromebooks)
- Annotate the screen with numbers, letters, or shapes to provide choices if possible
- Materials





# CHECK OUT THESE WEBSITES

- [www.artforkidshub.com](http://www.artforkidshub.com)
- [www.eyecanlearn.com](http://www.eyecanlearn.com)
- <https://www.roomrecess.com/pages/JigsawPuzzles.html>
- <https://www.highlightskids.com/games>
- [www.gonoodle.com](http://www.gonoodle.com)
- <https://www.youtube.com/user/CosmicKidsYoga>

# Art for Kids Hub



How To Draw An Alicorn (Unicorn & Pegasus)



How To Draw A Drone



How To Draw A Wolf (or Husky) - Preschool



How To Draw A Ninja



How To Draw A Funny Summer Cactus Or Saguaro



How To Draw Raphael - Teenage Mutant Ninja Turtles





# Eye Can Learn



Browser tabs: The Use of Telehealth to Reach M x | Occupational Therapy Room - Gc x | Eye Can Learn | Eye Exercises for x

Address bar: eyecanlearn.com

Navigation icons: Apps, Citrix Gateway, Centricity™ Time a..., EasyIEP (tnmadisoni..., Learning Without T..., Boom Cards, M Memozor, Find the Differences, Pink Oatmeal, Reading list

Menu: HOME | EYES CAN LEARN >> | GETTING STARTED | TRACKING >> | PERCEPTION >> | TEAMING >> | FOCUSING >> | VMI

Search: search this site...



EYE EXERCISES FOR VISUAL HEALTH AND SCHOOL SUCCESS

HOME | EYES CAN LEARN >> | GETTING STARTED | TRACKING >> | PERCEPTION >> | TEAMING >> | FOCUSING >> | VMI

A photograph of several young children in a classroom, with their arms raised in excitement.

Posted by admin on May 18, 2014

## Eyes CAN Learn

The purpose of this website is to provide parents with fun eye exercises to enhance their children's visual processing.



# Room Recess: Jigsaw Puzzles



The Use of Telehealth to Reach M x | Occupational Therapy Room - Gc x | Jigsaw Puzzles for Kids | Online S x +

roomrecess.com/pages/JigsawPuzzles.html

Apps Citrix Gateway Centricity™ Time a... EasyIEP (tnmadisoni... Learning Without T... Boom Cards M Memoror Find the Differences Pink Oatmeal Reading list

**RoomRecess.com** f t p 2.3K

Search our site Search

K 1 2 3 4 5 6

Math Reading Word

Lab Stories eLearn

Tools Puzzles Work

Ads by Google

Stop seeing this ad Why this ad? ▾

# Jigsaw Puzzles

9 pieces 25 pieces 49 pieces

## Online Jigsaw Puzzles for Kids

Children love to put together puzzles. Our jigsaw puzzles are simple, yet still provide enough of a challenge to help children build skills such as visual reasoning, spacial awareness, short term memory, and logic. Our free puzzles use bright colors and fun themes that will help to engage children. Each puzzle also varies slightly in difficulty to accommodate different age learners.

Ads by Google


Stop seeing this ad Why this ad? ▾

Ads by Google

Stop seeing this ad Why this ad? ▾


### 9-piece puzzles

# Highlights: Hidden Picture Puzzles




My First Hidden Pictures™

Mary's Garden



My First Hidden Pictures™

Trapeze, Please



Hidden Pictures™

Ice Fishing





ACTIVITY TYPE	ROUTINES	HOLIDAYS & EVENTS
Breathe	Class Routines	Back to School
Guided Dance	Indoor Recess	Halloween
How-To	Test Best	Birthday
Stretch	Wake Up	<b>Show All</b>
Workout	Bedtime	
<b>Show All</b>	<b>Show All</b>	

**GoNoodle Games** Games that get kids moving! [Learn More](#)



# FACEBOOK GROUPS



- Early Intervention and School-age Telehealth Providers
- Early Intervention Telepractice
- School-based Occupational and Physical Therapists







# REFERENCES

- [www.google.com](http://www.google.com)
- [www.pinkoatmeal.com](http://www.pinkoatmeal.com)
- [www.boomlearning.com](http://www.boomlearning.com)
- <https://www.lwtears.com>
- [www.artforkidshub.com](http://www.artforkidshub.com)
- [www.eyecanlearn.com](http://www.eyecanlearn.com)
- <https://www.roomrecess.com/pages/JigsawPuzzles.html>
- <https://www.highlightskids.com/games>
- [www.gonoodle.com](http://www.gonoodle.com)
- <https://www.youtube.com/user/CosmicKidsYoga>
- [www.bitmoji.com](http://www.bitmoji.com)



### **3. Alicia's Adult Telehealth**

# Telehealth in Practice

**Vocational  
Rehab**

**Counseling  
Services**

**Equipment  
Modifications**

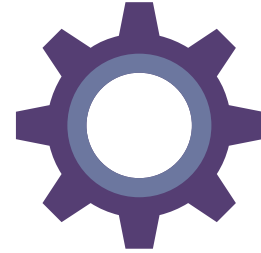
**Engineering  
Department**





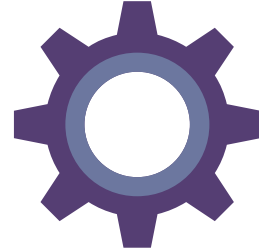
# Telehealth in Practice

- Collaboration with Vocational Rehabilitation
- Team approach
- Using Zoom as format to facilitate effective treatment sessions



# Telehealth in Practice

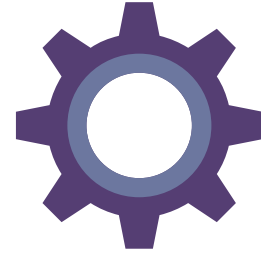
- Equipment Modification
- Collaborating with vendors to gather necessary information using technology



# Telehealth in Practice

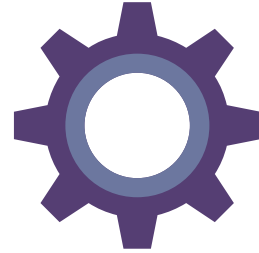


- Counseling Services
- Clients use zoom to receive weekly counseling services to address mental health needs

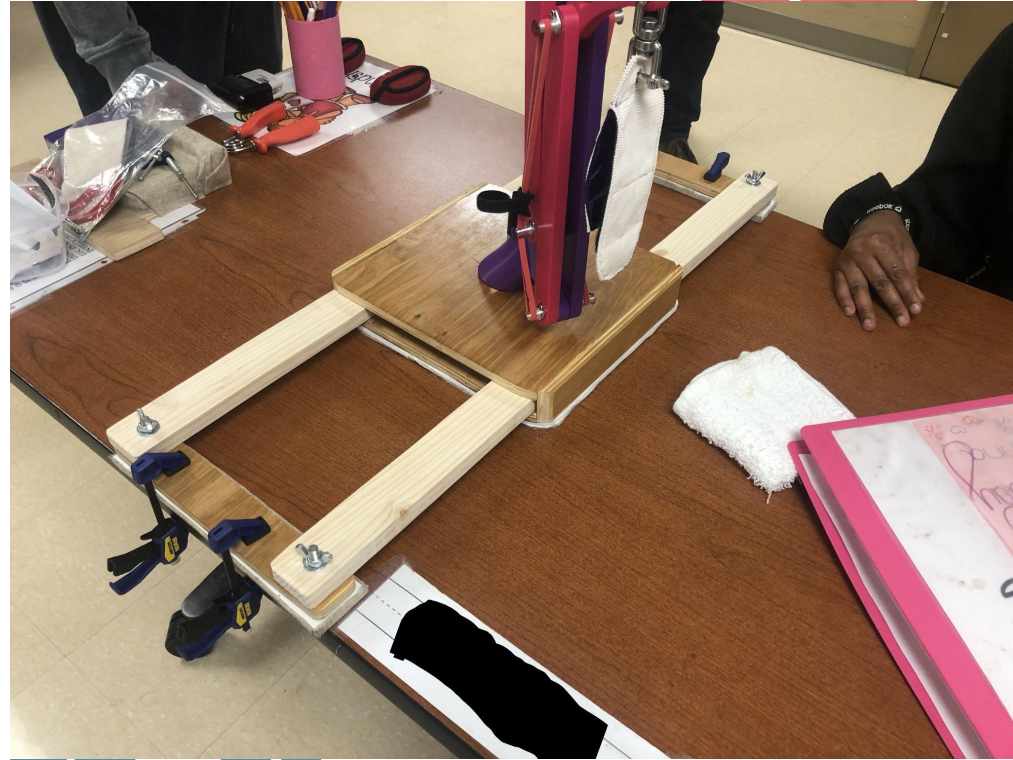


# Telehealth in Practice

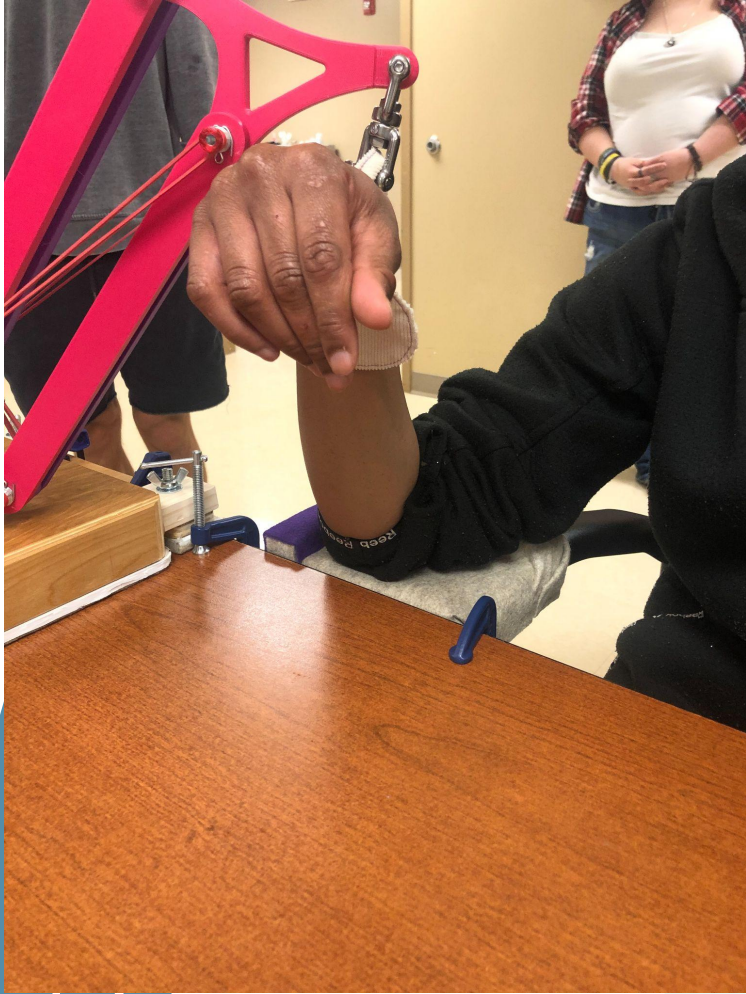
- Collaboration with Engineering Department at local college
- Client engaged in ADLs over zoom with engineering students

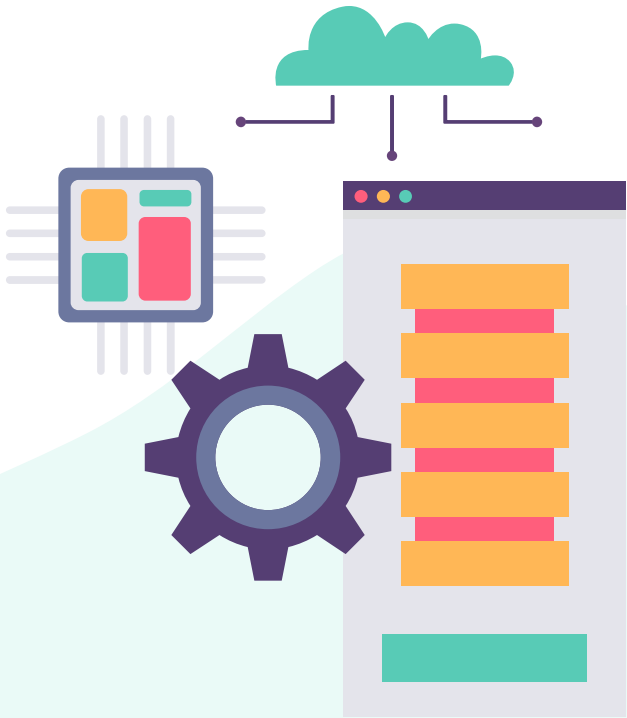


**UNION UNIVERSITY**  
DEPARTMENT of ENGINEERING









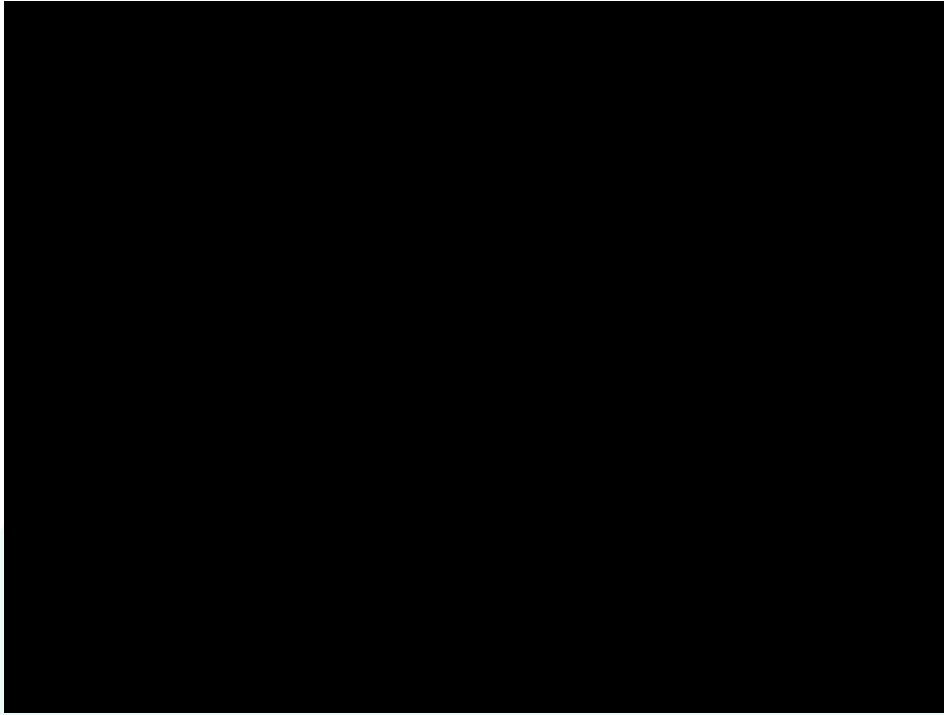
# 4. Sandy's Parent & Student Perspective on Telehealth





# Caity's Story

Through a Mother's Eyes







# Our Telehealth Journey







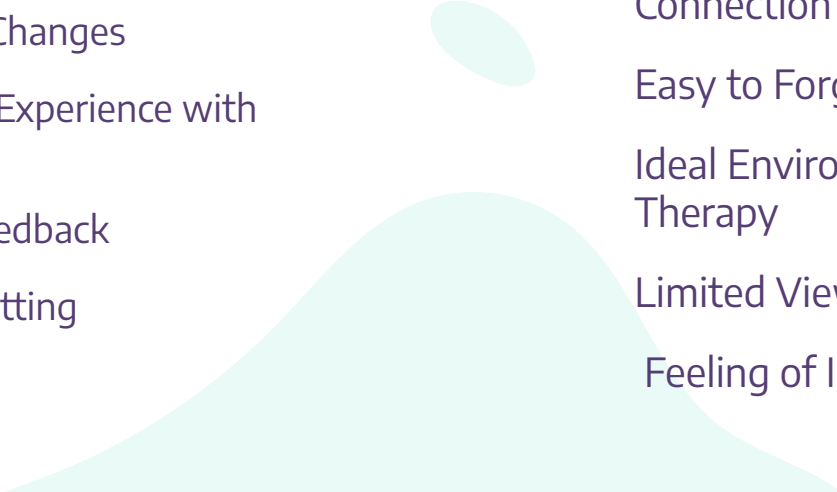
# Likes and Challenges

## Pros

- Convenience
- Schedule Changes
- Hands on Experience with Directions
- Instant Feedback
- Natural Setting

## Cons

- Secure Internet Connection
- Easy to Forget
- Ideal Environment for Therapy
- Limited View
- Feeling of Inadequacy



KNOWLEDGE

EXPERIENCE



ACTIVE PARTICIPANT

PRACTICE

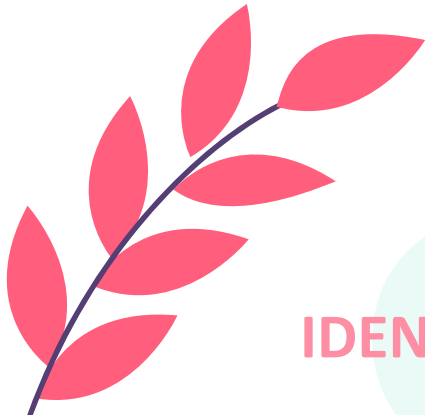
*CONFIDENCE*

**EMPOWERING**

*PRIDE*

*PROBLEM SOLVE*

ACCOMPLISHMENT



TOGETHER

IDENTIFY TOOLS

*SKILLS*

5.



# **Tanner's Telehealth Manual and Practical Applications**

# Capstone Project



## Research:

### Health Disparities

- ↓ Overall health
  - (Krahn et al., 2015)
- ↑ Comorbidity risk
  - (Cooper et al., 2015)
- ↓ Healthcare communication
  - (Charles, 2020)

### COVID-19

- Limited health advocacy
  - (Courtenay & Perera, 2020)
- ↑ Risk for the disease
  - (Krysta et al., 2021)
- Occupational Injustices
  - (Drum et al., 2020)

### Telehealth

- Shift due to COVID-19
  - (Valdez et al., 2021)
- Digital inaccessibility
  - (Pharr et al., 2019)
- Limited access
  - (Kulkarni, 2018)

# Solution:



## Positive Telehealth Outcomes:

(Dahl-Popolizio et al., 2020)

- Managing habits and routines
- Improving health status
- Modifying environments
- Educating and training on strategies to maximize self-management and independence

**\*\*Manual of education for caregivers/staff on the provision of OT telehealth services.**

# Capstone Objectives:



## 1. Increase **understanding of the need for telehealth.**

Investigate adults with disabilities' needs across contexts and environments to further understand and support the need for telehealth provision.

## 2. Increase knowledge of **telehealth use for staff and caregivers.**


Design a telehealth resource manual to further educate and train Center staff and caregivers on effective provision of services via telehealth.

## 3. Increase mutual **physical, social, and mental health outcomes.**

Promote mutual health outcomes via telehealth through an evidence-based approach, and support the unmet needs of the population through program provision.

## 4. Address access needs via **grant funding and advocacy initiatives.**

Promote access to service provision for the Center, as well as community members via technology grant funding and advocacy initiatives.







A PRODUCT OF

**Tanner Petty, OTD/S**

ARKANSAS STATE UNIVERSITY  
CLASS OF 2021

---

**ONLINE OCCUPATIONS:**

*AN OCCUPATIONAL  
THERAPY TELEHEALTH  
RESOURCE MANUAL*

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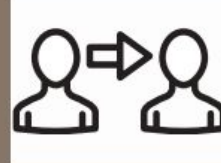


# Online Occupations



# Online Occupations Purpose:

The purpose of Online Occupations was to create a resource to promote quality of life and well-being in all aspects of health for adults with disabilities. Online Occupations serves as an advocacy and education tool for staff to support adults with disabilities across all occupations and promote quality of life through telehealth.



---

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---

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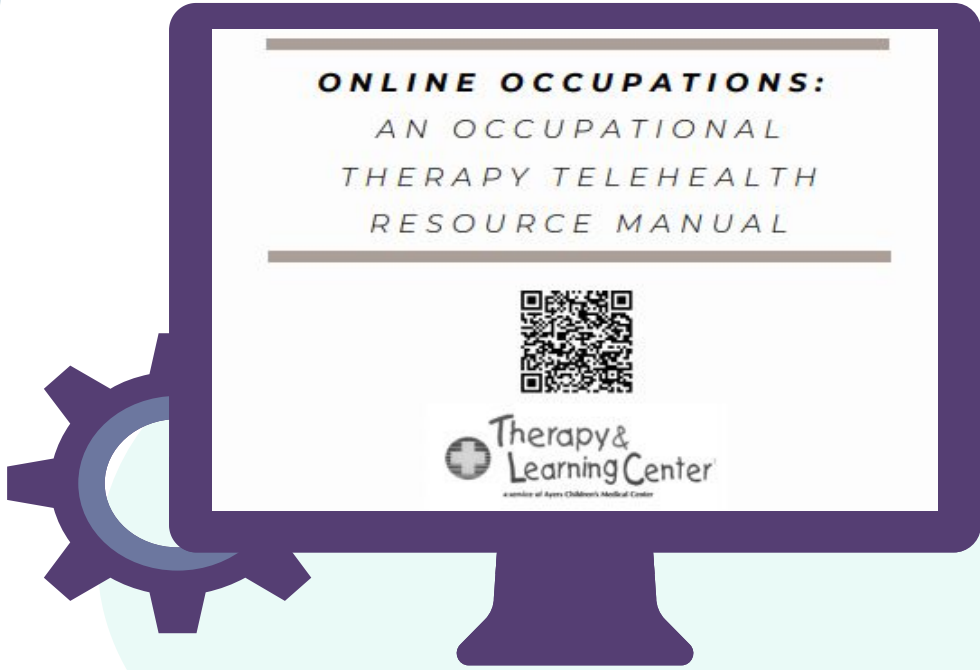
# V. Resources

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<i>References</i>	<b>93</b>



# Online Occupations



**ONLINE OCCUPATIONS:**  
AN OCCUPATIONAL  
THERAPY TELEHEALTH  
RESOURCE MANUAL



 Therapy & Learning Center  
a unit of Ages Children's Medical Center







# Thanks!

Please feel free to email us with additional questions!

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Sandy: [sandradicks403@gmail.com](mailto:sandradicks403@gmail.com)

Tanner: [tannerpettywright@gmail.com](mailto:tannerpettywright@gmail.com)

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# **Scan for our Handouts!**

## **Telehealth Procedural Guidelines**



# **Scan for our Handouts! Telehealth Tips for Families**

