

14 Benefits of Telehealth



Overall it improves access to care when face to face appointments remain uncertain, and ensures that treatment, progress and routine is continuing safely in the comfort of the home.

- Faster turnaround from referral to appointment (normally within 24-48 hours).
- More choice of practitioner due to less restriction on travel distances.
- Reduces the spend on travel, in turn increasing funding available for support time.
- Decreases feelings of social isolation, and increases feelings of connectedness.
- Supports the continuity of care for participants who have already commenced services, as a delay in care can be detrimental to progress.
- Psychological support is important to those experiencing distress and anxiety related to lockdowns, which is easily able to be provided by telehealth.
- Assists in providing useful activities for children during home schooling and may be able to incorporate school tasks and/or increased physical activity, making things easier for parents and carers.
- Helps to maintain and/or provide routine and structure during an uncertain time.
- Provides immediate access and professional recommendation on safety and/or risk concerns to prevent injuries, or risks to self and others.
- Is useful for online resources and programs that are computer-based and/or interactive.
- Benefits people with limited mobility or in remote locations to access important and necessary supports quickly.
- Supervised online exercise and physiotherapy sessions are important to prevent deconditioning during lockdown, and can continue to improve endurance and mental health during lockdown.
- Provides an opportunity for other stakeholders who may not normally be able to attend face to face sessions to join the zoom session (if appropriate and agreed to), which can be very useful for children with parents, grandparents or others are interstate/overseas but want to see progress.