

## General Instructions for Telehealth Assessments

Dear Parent/Caretaker:

Your child has been scheduled for a telehealth assessment. Below are instructions on how to prepare for the appointment.

### Goal:

To provide an opportunity for a trained and experienced clinician to 1) directly engage and interact with your child and or 2) observe your child interacting and talking with you. We will provide instructions and guidance to you throughout the visit.

### For children ages 6 to 12 years old:

#### Prior to the visit:

- Let your child know that they will be speaking to the doctor over the computer/iPad/Phone.
- Please have a book ready for your child to read to the doctor (just a page or two). Pick a book you think is not too easy or too hard and one that your child is not too familiar with (has not memorized or read multiple times recently).
- Also have a pen/pencil and paper to write/draw on nearby.
- Encourage your child to pick out some other favorite toys, books, objects, or art projects they have made to share with the doctor during the visit. If they have a special interest or hobby, it is good to include that. If they collect things the doctor would love them to show their collection.
- **Please limit possible distractions.** Examples: remove other toys, TV or other remotes, food, siblings, and pets from the room.
- **Please angle the computer/iPad** so that the area is fully visible to the examiner. Please make sure that the lighting allows us to see the child and the objects (avoid backlighting). If the child is playing with toys, the doctor will want to see both their face and what they are doing with the toys at the same time.

#### During the visit:

- This visit should take place **at home**, in the child's comfortable surroundings.
- The examiner will attempt to engage your child in conversation and possibly play. Please refrain from jumping in to help, encourage, or prompt your child to respond. The examiner will want to see how your child is able to engage and participate without any cueing. Please remain seated quietly nearby - or else hold the camera. The examiner may request your assistance or give you directions, but please wait for them to do so.
- **Be the cameraman.** If the doctor has asked your child to write or draw, you may need to move the camera to show their hands as they do so. If they are reading, the doctor may want to look over their shoulder at the page as they do so. During the examination, the doctor will want to see the child's feet as they walk.

### For children ages 18 months to 5 years old:

#### Prior to the visit:

- Let your child know that they will be speaking to the doctor over the computer/iPad/Phone.
- Please help your child pick out some favorite toys, books, objects, or art projects they have made to share with the doctor during the visit. If they have a special interest or hobby, it is good to include that. If they collect

- things the doctor would love them to show their collection.
- **Please limit possible distractions.** Examples: remove other toys, TV or other remotes, food, siblings, and pets from the room.
  - **Please angle the computer/iPad** so that the area is fully visible to the examiner. Please make sure that the lighting allows us to see the child and the objects (avoid backlighting). If the child is playing with toys, the doctor will want to see both their face and what they are doing with the toys at the same time.

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**The DBP Clinical Team**