



# Lesley Abel

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## Parental Consent to Teletherapy

### What is Teletherapy?

Teletherapy is the use of telecommunication to provide speech and language therapy services to children and their families. The speech and language therapist typically uses videoconferencing to administer sessions in real-time but may utilise other formats, such as email, for related communication. Teletherapy is sometimes referred to as telehealth, telepractice or telespeech.

### Teletherapy Protocol

- You need access to a laptop, computer or tablet equipped with a camera and microphone, adequate power source and have access to Wi-Fi to participate in teletherapy appointments/consultations. It is your responsibility to ensure you are protected with adequate security, for example firewall and antivirus programme.
- You need an email address to receive the Zoom link from the speech and language therapist.
- Children will always need the support of an adult during their teletherapy session.
- The speech and language therapist will deliver the session from a private/confidential room.
- You will need to be in a private, quiet place for your scheduled appointment and it is your responsibility to manage the confidentiality of the session from your own venue during the teletherapy session.
- The speech and language therapist managing the session will be responsible for confidentiality from their setting.
- You should not record, copy or in any way capture images relating to the teletherapy call, without the permission of the speech and language therapist.
- At times, audio and video recordings of sessions may be taken to support the speech and language therapist's work, as might occur in a face to face consultation. You will be informed before a recording takes place and can refuse to be recorded for any reason. The speech and language therapist will inform you of the reason for the recording and how it will be stored.

- The speech and language therapist will maintain confidentiality and privacy standards during sessions, and in creating, keeping and transmitting records.
- Your teletherapy appointment will be treated as any other appointment.  
*Appointments cancelled at less than 24hrs notice will be liable to the full charge of the session fee.*

**What are the potential benefits of teletherapy?**

Teletherapy can:

- Improve access to speech and language therapy services by allowing families to integrate sessions into busy daily routines.
- Improve the child's motivation as they are using technology they love.
- Provide consistent treatment when onsite sessions cannot proceed e.g. school closures, illness.
- Enable parents/carers to have a greater role in helping children achieve their goals.
- Promote greater carryover of functional skills in a child's natural environment
- Decrease exposure to infectious disease.

**What are the potential risks of teletherapy?**

Teletherapy may:

- Be negatively affected by technical problems.
- Not offer the same visual and sound quality for observations and modelling.
- Not feel the same as an onsite session.
- Increase exposure to privacy and digital security risks. While the speech and language therapist is obliged to meet standards to protect your privacy and security, telecommunication, including videoconference, may increase exposure to hacking and other online risks; as with all online activities, there is no guarantee of complete privacy and security protection. You may decrease the risk by using a secure internet connection, meeting with the speech and language therapist from a private location, and only communicating using secure channels.

I agree for my child to receive speech and language therapy services via teletherapy. I understand that I can refuse any service or part of a service at any time.

Name of child/student \_\_\_\_\_

Relationship to child/student \_\_\_\_\_

Signed \_\_\_\_\_

Dated \_\_\_\_\_

Email address for Zoom link \_\_\_\_\_

Phone number in case of technical issue with teletherapy session \_\_\_\_\_