

Telehealth For You

Telehealth can help you get **care** in a **simple** way.

Benefits of doing video call appointments:

- ✓ No travel time or cost to appointments
- ✓ Less physical fatigue
- ✓ Same care as in-person
- ✓ Evidence-based way of getting assessment and therapy

During **video call** sessions:

- We get to **know you**
- Taking **breaks** is easy
- **Short** sessions work well
- In a **comfortable** place

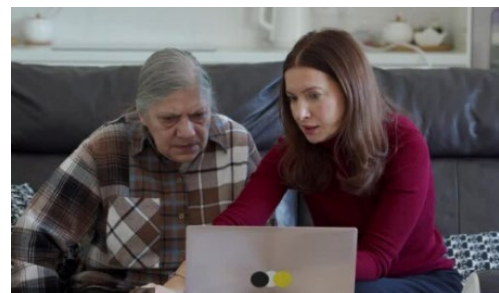


It's **normal** to feel **nervous** about doing video calls.

We can **practice** with you.

Trying it is the hardest bit.

Video calls get **better with practice**.



People with aphasia like video calls for therapy:

“First time, never used online before. I was frightened, panicked to see how it worked, and actually it worked quite well”

“It was really good ... it was easier to meet online than having to get up and try and rush out to get into anywhere”

You will need:



A device – smartphone / laptop / tablet



Good internet connection



Email account

Please ask your therapist for more information.