



# PARENT'S GUIDE TO TELEHEALTH

## Frequently Asked Questions

### What is telehealth?

A service delivery method that uses the internet and screen, like a computer, iPad or smart phone. Live treatment sessions take place in real time between you and your child's therapist.

### Why telehealth?

Telehealth offers access to professional support when in-person sessions are not possible due to the pandemic, challenges with distance, illness, and schedules. Families report high satisfaction with CDI's telehealth intervention and the increased interactions they experience with their child during the live sessions with their therapist.

### How does it work?

Your therapist will discuss which digital platform works best for your family (Skype, FaceTime, Zoom, ect...) Then, you will set an appointment time for your call or meeting and be able to see and hear each other in real time.

### Will my child meet their goals?

Telehealth sessions are tailored to meet your child's goals. CDI uses our established parent coaching model to empower parents and teach effective strategies. Your child's individual needs and goals will be supported during their natural daily routines at home.

### Does my insurance or other funding sources cover telehealth?

Yes, Regional Center, School Districts and private health insurances have all approved telehealth services.

### What if telehealth does not work for me or my child?

While telehealth does work for many families, if it is not feeling effective or helpful please talk to your therapist about your concerns. At CDI we always strive to collaborate as a team to ensure that your child's treatment meets your family's needs and is fun!

