

## ALLIED HEALTH TELEHEALTH SERVICES

### TELEHEALTH METHOD

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Telephonic consultation  
Skype  
Facetime  
Zoom

### COUNSELLING

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One-on-one counselling  
Couples/family counselling  
Peer and carer group  
Facebook group  
Group therapy e.g. Sound therapy

### NURSING

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Nursing assessment and education  
Immunotherapy and MS education  
On-call nursing

### OCCUPATIONAL THERAPY

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Assessment (except postural assessment)  
Fatigue and cognition education and support

### PHYSIOTHERAPY

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One-on-one physiotherapy – Assessment, education, exercise prescription  
One-on-one exercise physiology – Assessment, education, exercise prescription  
Group – physiotherapy e.g. yoga, high-functioning groups  
Group – exercise physiology

### SPEECH PATHOLOGY AND DIETETICS

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#### Swallowing

- Assessment
- Development of mealtime support plan
- Diet/fluid modification
- Education on safe swallowing

#### Communication

- Assessment
- Speech and communication device set up and support

#### Dietetics

- Dietary assessment and education
- Support and intervention for PEG regime and management, weight management

### SOCIAL WELFARE

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General welfare assistance e.g. Centrelink, housing, air cond grants (MS only)  
Setting up of NDIS plans  
Planning meetings  
Ongoing support coordination