

POTTS: Telehealth preparation and requirements

What is POTTS?

POTTS stands for Partnering in Occupational Therapy Telehealth Services. POTTS is an innovative approach to Occupational Therapy (OT) service provision for families and individuals with Dyspraxia/Developmental Coordination Disorder (DCD).

POTTS is a hybrid telehealth occupational therapy service which provides both face-to-face and online services using both student and qualified occupational therapists.

POTTS aims to provide support that is task-oriented, family-centred and accessible to families in their own homes using online service delivery.

Who will I work with?

The service will be provided by occupational therapists and occupational therapy students who have been trained in telehealth/online occupational therapy service provision.



How long will sessions be?

Sessions will last approximately 35-40 minutes.

What times are available?

The clinical hours are **10 am to 4 pm Monday to Friday.**

Continued on next page →



What equipment do I need?

Access to a Computer or device capable of hosting Zoom or MS Teams for the duration of sessions is required.

This includes:

- PC
- Laptop
- Tablet (10 inches or greater)

Mobile phones generally do not have a large enough screen to support engagement.

The user will need to be able to see the therapist while completing the session.

The device will also need a working camera so that the occupational therapist can see the individual throughout the session, for health and safety purposes.

A keyboard may be required in some sessions.



Where should my child be for the sessions?

Preferably, the participant should be sitting at a desk, table or flat surface at hip height.

A chair with a sturdy back that the child can sit in comfortably is preferred.

The child should be in a room with minimal distractions or noises, where possible.

Coffee tables, couches, bean bags and beds generally **do not** provide the same support for sessions.

Where should I be while my child is taking part?

It is required that an adult family member or carer be available for the duration of clinical sessions to support any applicant under the age of 18 during their sessions.



What materials do I need for the session?

The occupational therapist or occupational therapy student you are working with will contact you in advance of the session to inform you if any materials are required for your session. Therapists will make every effort to ensure that materials required are easily accessible and low-cost.

Is there anything else I need?

Internet access is important to support adequate two-way interactions. An Internet speed of at least **20 Mbps Download and 5 Mbps Upload** is recommended to support communication.

- If you have concerns about your internet connection, connecting the device directly to the Internet Box with an **Ethernet cable** may increase internet speed.

If you are unsure of how to check your internet speed, free internet speed checks are available through most search engines.



POTTS Checklist

Yes

No

Can you ensure access to a laptop/PC/Tablet for use throughout sessions?
(Mobile phones generally do not have a large enough screen to support engagement.)

Does your selected device (see above) have a front-facing camera?

Can you ensure access to an internet connection capable of maintaining video calls online? *(An Internet speed of at least 20 Mbps Download and 5 Mbps Upload is recommended to support communication)*

Do you have access to an appropriate space (including a table and chair) where your child can engage in the service?

Would you or another adult be available during clinic hours?

Would you or another adult be available to support your child during the sessions?
(It is a requirement that an adult is available to support the sessions for all under 18s)