



Touchstone ABA Online: Telehealth 101

COVID-19 has changed our lives in many ways – our jobs, routines, schedules, and our kids’ schedules. For a child receiving ABA services, it may also mean a disruption or reduction in ABA treatment hours. Fortunately, our behavior analysts are using technology to continue to provide some ABA services.

When behavior analysts provide services online, it’s called telehealth.

Telehealth, simply put, is receiving treatment through an audio-visual platform where the provider and the client or caregiver are in different locations but online together at the same time. It is not a separate service, just a different way of delivering the same services.

In this time of social distancing, telehealth has become a critical way to continue ABA treatment for many families.

Telehealth has been around a long time and is used in many fields including medicine, psychiatry, speech pathology, and ABA.

Research has demonstrated that ABA telehealth is an effective way of receiving parent coaching and support, identifying the functions of challenging behaviors, increasing functional language for persons with autism, and conducting behavioral assessments.

For some time, Parent Educators at Touchstone ABA have been using telehealth to provide real-time coaching and support that accommodates our clients’ schedules. In our current crisis, we have increased staff availability to expand telehealth services and provide more opportunities for caregivers to receive coaching and support for challenges that may arise from the current situation we all find ourselves in.

The federal government has demonstrated sensitivity to the needs of persons receiving medical necessary treatment by relaxing the federal privacy rules for telehealth due to the Coronavirus pandemic. This allows providers and clients to use accessible platforms like Zoom, Facetime and phone calls for telehealth services.

While telehealth may not be able to *completely* replace all the ABA services that a child was receiving prior to the shelter in place mandate, it has been shown to be an effective way to receive and supplement ABA services which just may be the lifeline parents and caregivers need at this time for themselves and their loved ones.

Janice Huber, BCBA, LBA
Touchstone Parent Educator

THIS MONTH’S FAMILY MEETINGS

Houma/Thib **ONLINE** Group Meetings 4/22 at **9:00am, 12 noon and 6:00pm**

Baton Rouge **ONLINE** Group Meeting 4/23 at **2:00pm**

Hammond **ONLINE** Group Meeting 4/23 **5:30pm**

Lafayette **ONLINE** Group Meeting 4/14 at **9:00am**

Group sessions will be held online. You will receive an email with a link a few days before your site’s scheduled meeting. Just click on the link a few minutes before your scheduled time.

Touchstone staff will be calling to check on you periodically to see how we can support you during this time and to set up individual online meetings but please don’t hesitate to contact us with questions or concerns! Angie (985) 446-6833 or Janice (337) 526-5231

COVID 19
CORONAVIRUS DISEASE

HELP PREVENT SPREADING GERMS

Help prevent the spread of respiratory diseases like COVID-19.

- Avoid close contact with people who are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick, except to get medical care.
- Wash your hands often with soap and water for at least 20 seconds.

For more information: www.cdc.gov/COVID19