TRIPSCY Open Forum II - 5/13/2020

### **Session I -** Heidi Wilhelm:  Positioning for Children at Home with Postural Complications - Hypotonicity, Ligament Laxity

**Principles:**

* Change positions often
* “Both sides both ways”
* “Move your fluids”

**Objects for postural support:**

* Foot support
* Discs
* Wedges to support pelvic tilt
* Yoga ball, but this is fatiguing
* Yoga block
* Pillow supports
* Blankets, cushions
* Stools
* Gardner’s knee pad
* Balance board (cutting board and rolled up towel
* Laundry basket/Costco box with pillows as a sit spot
* Foam boad insulation

**Additional Considerations**

* Remember constant pull of gravity for these children
* Using a variety of sitting, play, rest positions, include integrate supine
* Use whole range of motion, but not hanging out for long time in end range positions
* Be alert to children who will only play on one side, or if they are in need of other supports to access other positions
* Supportive shoes can be key
* Increasing incidence of low muscle tone, with multiple sequellae

**Discussion about options for older kids and screen time**

* Idea of having 3 different positions for working

Multiple resources to follow up with, including Heidi’s PDF

### **Session II -** Chayah Lichtig:  Conversation about modes of practice that people are using right now

* Remote direct service
* Some who would usually be direct providers, but this has not been possible for all
* Using Seesaw, both packaged and make your own
* Discussion about Boom Cards
* Discussion about whether Medicaid is covering synchronous, asynchronous
  + Providers are getting different messages from their schools/districts
  + Hannah Bloom will share a memo she received from her SPED svc. director

Use of paras

* Email suggestions to family
* Same list to paraeducators to incorporate that into their sped.ed
* Families may not be able to carry out the activities.

Challenges to remote sessions, but it works for some families

**What’s working for engaging challenging student behaviors/connections over telemedicine**

* Rapport
* Pulling kid in close to screen
* Setting up the structured environment/“spot”
* Visual supports (schedule for examples)
* Keep common element with what in-person experience was bringing some supports to home that previously had not been part of the conversation there

**PD Options Shared**

* **E-Health Summit for Therapists (May 27-30) -** <https://the-ehealth-summit-for-therapists.heysummit.com/?ac=zC13yEHf> Upcoming four-day e-health conference. PD credit available. Free without PD credits.
* **Now and Later: Addressing the Immediate and Future OT Needs of Adolescents and Young adults** <http://learn.aota.org/diweb/catalog/item/sid/89795783> Free AOTA webinar on prevocational services and transition in the age of COVID and afterwards. PD credit available.
* **From Onsite to Online: Addressing Students’ Needs Through a Telehealth Service Delivery Model** <https://myaota.aota.org/shop_aota/product/OL8103> Free AOTA webinar on getting started with school-oriented telehealth. Includes some useful technology and behavior support tips. PD credit available

### **Group questions:**

**ESY**

* Hannah Bloom looking at idea of creating a week-long virtual summer camp, are others interested?  Togetherness element at the start of the day, lunch, evening
* Barb Ebenstein asked ESY eligibility question.  Response, if regression had already been established, significant delay, or emerging skill.  Compensatory services not on table until school resumes in “regular way”.

**Service Delivery**

Pat Crocker—are people doing one on one, or groups?  What is experience, guidelines about the group piece?

**Future topics:**  ESY,  Evaluation/Assessment, Transition from CIS to School age

Further discussion of resources for telehealth, and whether evaluations are being carried out.  What tools can be carried out remotely?

TRIPSCY Open Forum II Resources

**Yoga egg:** <http://www.threeminuteegg.com/>

Alternative to a traditional yoga block for postural support. Provides dynamic movement.

**Marinara Pomodoro Timer:** <https://www.marinaratimer.com/>

Productivity timer with customizable work/break intervals. Helpful to support position change reminders during computer/tablet work.

**Pomodoro Timer Chrome extension:** <https://chrome.google.com/webstore/detail/marinara-pomodoro%C2%AE-assist/lojgmehidjdhhbmpjfamhpkpodfcodef?hl=en>

**Boom cards:** <https://wow.boomlearning.com/>

Create custom self-scoring lessons and activities for students. Provide instant feedback

**AOE initial considerations for compensatory education and ESY services (dated 5/8):**  <https://education.vermont.gov/documents/memo-initial-considerations-for-compensatory-education-and-esy-services>

Current known guidance on provision of ESY services.

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