

RO&Ming with Lil Episode 2

Working from the COVID cave



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Introduction

- As we record in May 2020 – Australia has had 2 months of Coronavirus lockdown and social distancing to *flatten the curve*. The advice: stay home and keep 1.5m distance.
- Smart technology has made it possible to work from home. O&M agencies have made the shift to tele-practice surprisingly quickly.
- **In episode 2** we meet four O&M specialists from Guide Dogs NSW/ACT who are working from the Covid Cave. They are venturing into the brave new world of O&M tele-practice.

Today's guests

Welcome to:

- Amy McKibbins COMS ROMSA – 10 years in O&M, early childhood specialist
- Zoe Gephart – 3 years in O&M; early childhood specialist
- Tayler McBrien – first year out
- Jo Anson-Smith – second year out; dual qualified OT

COVID stories

- Amy – kids’ yoga program during the school holidays
- Zoe – 10 year old boy, working on long cane skills in the community with mum on camera, via FaceTime
- Amy – older gentleman (GD handler, long cane user) learning GDN app with support from wife, to walk in a gated community
- Tayler – client learning apps on the phone; orthoptics assessment; questions about road crossings in regional/remote NSW
- Jo – questions about safety, and boundaries around scope of practice, via O&M tele-practice

What have we learned about tele-practice?

- Tele-practice is not new, but you need to...
 - upskill
 - allow yourself time for new learning
 - ask your IT team for help
 - learning the tech is different to learning to apply it in O&M
 - the videologist can get tired arms – investigate ergonomic supports
 - beware of Vertical Video Syndrome
- <https://www.youtube.com/watch?v=dechvhboMeo>

In tele-practice, respect O&M complexity

- Learn one thing at a time
 - build capacity in you and the client
- Preview the area
 - at the start of a session
 - in a separate session if need be, with the videologist,
 - in a drive-by, if nearby
- Do your risk assessment
 - for the whole program
 - before each session
 - beware of falls, fixed hazards and moving hazards – traffic!
- If in doubt, don't go – find another way

Work it out with the team

- Develop rapport with the client and supporters
- Find ways to connect directly with the client
 - use multiple devices if need be
- Teach the videologist:
 - importance of preview
 - safety considerations
 - usual O&M positions for observation
 - what you need to see
 - camera angles for filming what you need to see
 - how to encourage O&M learning

Wrap-up

- Thanks to Amy, Zoe, Tayler and Jo from GDNSW/ACT for sharing their novice experiences from the O&M COVID cave.

PodcastPals4Ewa!

Contacts / Resources

- The Guide Dogs NSW/ACT GPS app is available free, only for iPhone
<https://apps.apple.com/au/app/guide-dogs-nsw-act/id1023913373>
- PowerPoint slides for *RO&Ming with Lil* episodes:
www.lildeverell.net/resources
- To offer feedback, suggest a topic, or record an episode together:
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Credits

- Music
 - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
 - technotherapy from Erin Deverell
 - photos from
 - An amateur drone photographer from Cornwall, flying over a spaghetti junction in Birmingham (royalty-free)
 - Christine Darwood, a wildlife spotter in the ACT who snapped our sprightly echidna crossing the road (used with permission)
 - Rob Keating, a Canberra-based photographer, who found a weathered wombat crossing the road (purchased from <https://keatingmedia.com.au>)

