

# RO&Ming with Lil

Episode 4

Using VROOM and OMO  
for the first time – in  
tele-practice



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# Introduction to Episode 4

- **In this Episode** we reconnect with Jo Anson-Smith working for Guide Dogs NSW/ACT in Newcastle, Australia.
- Jo is dual qualified – an experienced Occupational Therapist but a newbie Orientation and Mobility Specialist
- Since we talked in Episode 2, Jo has been teaching long cane skills via Zoom. She has also done her first VROOM and OMO assessment via FaceTime.
- Download the VROOM and OMO tools with brief instructions from <http://www.lildeverell.net/resources/vroom-and-omo-tools/>
  - VROOM – vision related outcomes in O&M – yellow for light/vision
  - OMO – orientation and mobility outcomes – green for grass/walking

# Client 1: Long cane training via Zoom

- Man with intellectual disability
- Supported accommodation
- Support workers with varied digital literacy
- Client already used cane in diagonal – needed to learn constant contact

# Preparation and tech

- Jo had good tele-practice training and support from workplace
- Filmed short grab videos to teach long cane specifics – using phone camera on tripod
- Sent videos to client via DropBox
- Client wore BlueTooth headphones during sessions, linked with phone camera managed by support worker
- Jo used SurfacePro during sessions, to connect with client via Zoom
- Also set up phone (on mute) on tripod during lessons to demonstrate skills spontaneously, if necessary

# Challenges / barriers

- Organising the sessions – liaison with 4 people – confirmation only 10 minutes before the session
- Running out of space in the client's home – long cane training needs room – went out to a park
- Videographer felt seasick – stopped to choose a front-on filming position and get set up

# Client 2: VROOM-OMO assessment

- Middle aged man with retinitis pigmentosa
- Living in an apartment building

## **Preparation**

- Set up appointment with client by phone
  - Spontaneous FaceTime training with client, using screen reader tech
  - Discussed how the session would be – using the space, routes to travel
- Swatted up on VROOM and OMO tools

# Observed travel

- Client wore the BlueTooth headset – direct contact and rapport
- Videographer followed with camera
- Directions to videographer via client
- Walked from apartment, via lift, to locked mailbox at the front of building
- Lost connection in the lift

# Co-rating challenges

- Videographer unable to stay for co-rating conversation
- Unstuck by O&M Environmental Complexity Scale

Q. **“Did I assess in a dynamic environment?”**

a. Not really. Sounds like Level 3 complexity – stable, familiar, pedestrian-paced, some people around

Q. **“If I only assessed in a stable/familiar environment, not dynamic/unfamiliar, do I score it out of 35?”**

A. No. Always score out of 50 – this enables comparisons and interpretation.

- If assessing in only one environment, then just duplicate those ratings to the second environment.
- Might be a few points difference between stable and dynamic conditions
- Ratings might total the same in the two environments, but for different reasons



# Interesting outcomes

- Jo found it easier to think about travel skills first, then vision
- Did OMO Part A (observation) scales first, then VROOM Part A
- Began by introducing the 3-2-1-0 rating scales to the client
- Client was very confident in rating his own observed travel
- Jo and client agreed about his rating suggestions
  
- Did Part B (wellbeing) scales last - surprising
- Part B clarified program goals for lifestyle/wellbeing
  
- Client used the rule: **if in doubt, rate lower** to manage his own rating indecision when his capability varied between different environments

# Learning and wrap-up

- Jo learned the value of thorough planning
  - For telepractice
  - In using VROOM and OMO for the first time
- Thanks Jo!

# Contacts / Resources

- VROOM and OMO tools, and PowerPoint slides for *RO&Ming with Lil*  
<http://www.lildeverell.net/resources/vroom-and-omo-tools/>
- Discuss VROOM and OMO, offer feedback, suggest a topic, or record an episode together:  
Email: [lil@deverell.net](mailto:lil@deverell.net)  
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# Credits

- Music
  - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
  - PhotoShop lessons and 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>)

