

Telerehabilitation Guidance for ASD Support Providers

Point of contact for questions:

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Autism Spectrum Disorder (ASD) Providers, when considering telerehabilitation options for our customers, you must educate yourself on the ethical and efficacy of utilizing this modality.

Educate Yourself on Using Teleservices for Rehabilitation Services

[Article on Telerehabilitation](#)

Remember the Purpose of ASD Supports

ASD Supports are intended to address skills deficits specific to their autism. Direct services are provided to the customer; however, it can also be provided to caregivers and other pertinent people in the customer's life when successful employment is unlikely without their participation. See [ASD Supports Policy](#) for more information.

Examples of ASD Supports During COVID-19

People on the spectrum struggle with sudden change and the unknown. Anxiety is the most common co-morbidity found in autism. This pandemic may cause regression in social skills and the ability to find appropriate coping strategies. Anxiety causes the brain to enter a flight-fight state, limiting the frontal lobe's ability to problem-solve even the simplest of tasks. Adding to anxiety is their tendency to be literal thinkers. They may misunderstand a news story or take a piece out of context causing them to perseverate on an illogical aspect. A customer's stress response might increase obsessive-compulsive behaviors, trigger panic attacks, or result in angry outbursts. The key is to reduce their anxiety; therefore, you may find our customers need assistance in:

- Deciphering what is a real fear versus an illogical one
- Adjusting to a new work environment or work tasks (not how to accomplish the job task, but how to adjust to the new process)
- Identifying coping strategies in these new environments
- Ensuring they know how to get groceries, practice safe hygiene and do laundry (i.e., what to do if they share a community laundry center)
- Navigating their new online learning platform
- Increase their social skills individually or through a group

Further Education on Addressing Autistic Behaviors

[Relias](#) offers convenient online courses such as these:

- REL-ATS-0-VB1-V2 – Increasing Behavior (that you want to see)
- REL-ATS-0-BM2-V2 - Decreasing Behavior
- REL-ATS-TELT-V2 – Behavioral Challenges of Autism
- REL-ATS-CALM – Effect Calming Procedures

Utilize the Appropriate Online Platform

The U.S Department of Health and Human Services issued guidance on utilizing HIPPA compliant platforms: [HHS's Notification of Enforcement Discretion for Telehealth During COVID-19](#)

The following are listed as HIPPA-compliant applications by HHS:

- Skype for Business / Microsoft Teams
- Updox
- VSee
- Zoom for Healthcare
- Doxy.me
- Google G Suite Hangouts Meet
- Cisco Webex Meetings / Webex Teams
- Amazon Chime
- GoToMeeting

Obtain Consent

The provider must obtain consent from the customer approving treatment through telehealth. Consent should contain the following information: [What To Include in a Telehealth Consent Form](#)