**‘Arm’s Reach Remote’ (online upper limb group therapy)**

‘Arm's Reach Online Upper Limb Group’ is an online upper limb rehabilitation group run by Jessamy Boydell, Occupational Therapist at Arm's Reach Occupational Therapy (here on referred to as Arm’s Reach).

The groups currently run on Tuesdays and Fridays, 11.30am-12.30noon (days/times subject to change). The aim of the groups is to provide more affordable weekly online group therapy for UK residents requiring rehabilitation of the upper limb after neurological injury e.g. stroke, long term neuro conditions, brain injury.

To join the group, you need to:

* have a diagnosable neurological condition
* be experiencing movement difficulties in your affected arm. All levels of arm movement welcome including those with no movement in their hand / wrist. People with no movement throughout the whole of their arm may find it difficult to engage with certain elements like repetitive practice.
* ability to sit for 1 hour (the group is run in sitting)
* ability to use Zoom e.g. access to appropriate device; Wifi or data allowance; access to private space
* be able to follow group discussions (including instructions) independently or with support for 1 hr
* be comfortable taking part in an online group environment

**When you join the group**

After you are screened for eligibility for the group, you will be asked to complete some questionnaires. You will be assessed via video call (1 hour) and can discuss through what you hope to gain from the group. You may be asked to send in a few short videos of yourself attempting some common daily tasks with your weaker arm. This will help ascertain current abilities of your weaker arm and allow a baseline measure of your arm use. Therapy reviews (1 hour) are offered every 3 months thereafter for those who want it.

During group time, participants will:

• join a supportive group learning environment (peer-to-peer support is encouraged)

• learn about key principles of neurorehabilitation of the arm

• carryout a variety of stretches & daily tasks involving the weaker arm

• be supported to build their own optional repetitive arm practice programme at home

• be supported to track their own practice progress between sessions

• build a repertoire of tasks using involving the weaker arm, using objects from home

**Commitment to therapy**

Participants book group sessions month by month. However, completing a minimum of three consecutive months is recommended to allow an adequate amount of time to measure therapy progress, and to allow development of a home practice programme between sessions. Group sessions are run in tandem with the school terms. Some sessions may also be offered during select holiday periods e.g. summer holidays.

**Prices and Payment**

**Assessment** (mandatory 1hr 15 mins, video call): one-off payment of £45 (£40 concessions – limited spaces)

**Price per session** £10 full price / £8 concessions (proof of benefits required, limited spaces)

**Follow up videos** (optional)£2/wk (videos recapping exercises and tasks practised during the online session)

**Quarterly reviews** (**not** compulsory, 1 hour, video call every 12 weeks): £40 per review

Participants partake in Tuesday OR Friday sessions and pay a month in advance (or for the remainder of the month, if joining half-way through a month).

The price each month therefore changes depending on how many Tuesdays / Fridays fall in the month paid. Session dates for the following month will be released by AROT one week before the 1st of the month.

**Is online therapy right for you?**

Due to the ongoing social restrictions in the UK as a result of the Covid-19 pandemic, there has been a shift by both NHS and private healthcare services to working online, ensuring patients have continued access to ongoing rehabilitation. If you are unsure whether online therapy will work for you, please contact your GP to learn about alternative therapy options for you in your area. You can also contact the Royal College of Occupational Therapists (RCOT) or Association of Chartered Physiotherapists In Neurology (ACPIN) to find a therapist offering arm therapy, post-neurological injury, in your area.

**Potential benefits of joining the online upper limb therapy group**

* participating in ongoing therapy programmes with other service-users keeping connected
* accessing therapy from the comfort of your home
* cutting out the need for travelling to appointments
* increasing your opportunity for upper limb practice and rehabilitation

**Potential risks of joining the online upper limb therapy group:** As with any online group, risks include:

* other people hearing conversations you are involved in (non-group members)
* others seeing inside your home environment
* somebody interrupting the group
* a person could gain access to the group session, your webcam or device from the UK or overseas as the information may be passed between international servers. If this is a concern you are free to explore other therapy options in your local area (contact your GP) or with AROT.

Please be aware that, during group time, other, including supporters or people in other group members’ homes, may be able to see or hear you.

**Arm’s Reach will do the best to reduce potential risks to online therapy by:**

* using a secure platform (Zoom) with advanced security features
* if a non-group member were to enter into the online session, they will be locked out
* if a member’s web cam or device is hacked during a session, the session will be terminated immediately and your therapist will follow up with participants separately
* working through steps with you to ensure your anonymity if required

For example, you can: write your first name only on your Zoom screen; ensure personal belongings / identifiable areas at home are not visible.