What is teletherapy?
Teletherapy is the use of video and audio technologies to support long-distance services between the teacher and the child/family. Teletherapy may also be called telehealth or remote services.

What equipment do I need?
A computer, tablet, or phone and an internet connection.

What if I don’t have a device or internet?
HGH has a technology lending program and can provide you with a laptop and internet services for free.

How do I join a teletherapy session?
Your HGH teacher or therapist will send you a link. Just click on the link at the time of the session.

Will my sessions be recorded?
HGH has strict policies around this and does not allow recording of any teletherapy sessions.

Is the quality as good as an in-person session?
Although we wish we could provide in-person services at this time, our families are reporting that they feel satisfied and supported with the teletherapy services they are receiving. Children are showing growth and progress towards meeting their developmental milestones, which is our highest priority. Utilizing teletherapy services also keeps your child familiar with their therapist/teacher, facilitating a smoother transition back to in-person visits when the time comes.

When can I receive in-person services?
HGH is staying well-informed about government mandates and recommendations. Once it is determined safe for staff and families, we will roll out a plan for restarting in-home services. We are eager to resume in-person services too!

Please contact Sara Barnett, Early Childhood Development Administrator, at 619-938-3057 or sarab@guidinghands.org, with any questions or concerns.  
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