

Consent for Telehealth

Lavina Velasco Counseling, PLLC

<https://www.lavinavelascocounseling.com/>

Office Mobile: 217-991-8309

Address: 701 Devonshire Dr, Ste C-38, Champaign, IL 61820

Email: info@lavinavelascocounseling.com (<mailto:info@lavinavelascocounseling.com>)

TELEHEALTH CONSENT FORM

In general, Telemedicine or Telehealth is a tool for providing health care services, not a distinct health care service. If a service or client encounter can be provided virtually using the same standard of care as if it were provided in person, a health care professional can use Telehealth.

Face-to-face sessions are generally ideal and recommended for initial intake sessions whenever possible. Telehealth, or a combination of face-to-face and Telehealth sessions, can be helpful in maintaining social emotional support under particular circumstances such as inclement weather, mild illness, and travel concerns.

In some cases, Telehealth is contraindicated, and a brief phone consult may be necessary to screen for risks/benefits prior to starting therapy. The pros and cons of Telehealth may be reviewed and reassessed at any time. Read more here about how to determine if Telehealth is a good fit for you:

https://www.lavinavelascocounseling.com/_files/ugd/9ae1b3_dea3a59045ae463bbe263e5d55cf7425.pdf

Lavina Velasco, LCPC is licensed in Illinois and Maryland with a face-to-face office location in Central Illinois. By law, all clients must reside within the State of Maryland or the State of Illinois in order to receive Telehealth services from Lavina Velasco, LCPC. Maryland residents must be physically located in the State of Maryland at the time of their scheduled appointment, unless they also reside in Illinois while attending college/university.

Telemedicine is broadly defined as the use of information technology to deliver medical services and information from one location to another, including but not limited to telephone communication, the Internet, facsimile machines, and e-mail.

If you choose to use information technology for some or all of your therapy, you need to understand that:

1. The client retains the option to withhold or withdraw consent to Telehealth at any time. The client or health care provider can discontinue the telehealth consult/visit if it is felt that the videoconferencing connections are not adequate for the situation.
2. All existing confidentiality protections are equally applicable.
3. To maintain confidentiality, both client and therapist agree to refrain from recording sessions or disseminating identifiable images or information from the telemedicine interaction without written consent; and agree to refrain from sharing the Telehealth appointment link with anyone unauthorized to

attend the appointment.

4. Clients should select a space that is private and free of distractions. Headphones are recommended.
5. There are potential benefits, risks, and consequences of Telehealth. Effective therapy is often facilitated when the therapist gathers within a session or a series of sessions, a multitude of observations, information, and experiences about the client. Ideally therapists make clinical assessments, diagnosis, and interventions based not only on direct verbal or auditory communications, written reports, and third person consultations, but also from direct visual and olfactory observations, information, and experiences.
6. Potential benefits include, but are not limited to convenient access to therapy, better continuity of care, and reduction of lost work time and travel costs.
7. Technological risks include but are not limited to unstable Wi-Fi/cellular/internet connections, technical difficulties, interruptions in the environment, or unauthorized access.
8. Clinical risks include but are not limited to the therapist's inability to make complete observations of clinically or therapeutically potentially relevant issues such as: your physical/medical condition including bruises, injuries, grooming and hygiene; noteworthy mannerisms, gestures or motor agitation; eye contact, tearfulness; and any other non-verbal expressions or patterns.
9. Potential consequences thus include the therapist not being aware of what he or she would consider important information, that you may not recognize as significant to present verbally the therapist.
10. Clients can ask questions about Telehealth and have their questions answered to their satisfaction before starting or continuing Telehealth.

For more information:

Illinois definition of Telehealth:

<<https://www.ilga.gov/legislation/ilcs/ilcs3.asp?ActID=3807&ChapterID=24s>>

Maryland definition of Telehealth: <<https://health.maryland.gov/mmcp/provider/Pages/telehealth.aspx>>

BY SIGNING BELOW, I AM AGREEING THAT I HAVE READ, UNDERSTOOD AND AGREE TO THE ITEMS CONTAINED IN THIS DOCUMENT.