

Telehealth Care for Autism Spectrum Disorder

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Overview

- Is telehealth with ASD and IDD possible?
- Do families like it?
- Do clinicians like it?
- Does it work?
- Are we able to reach everyone?
- What happens with telehealth after Covid?

Pre-COVID Use

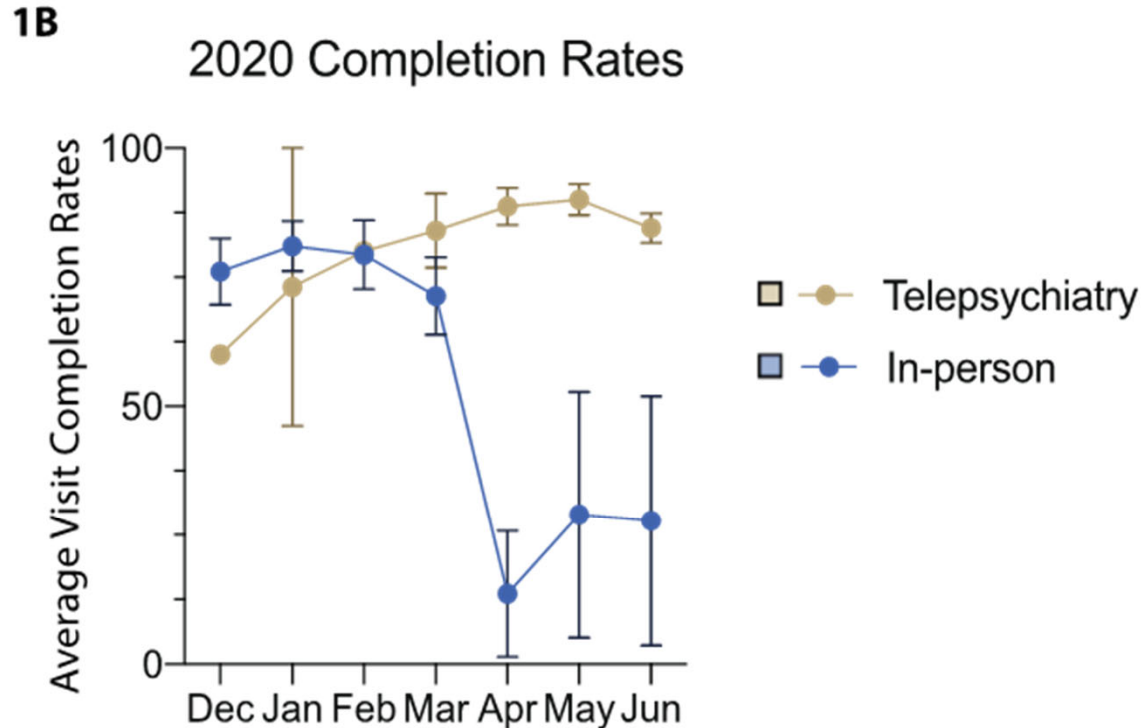
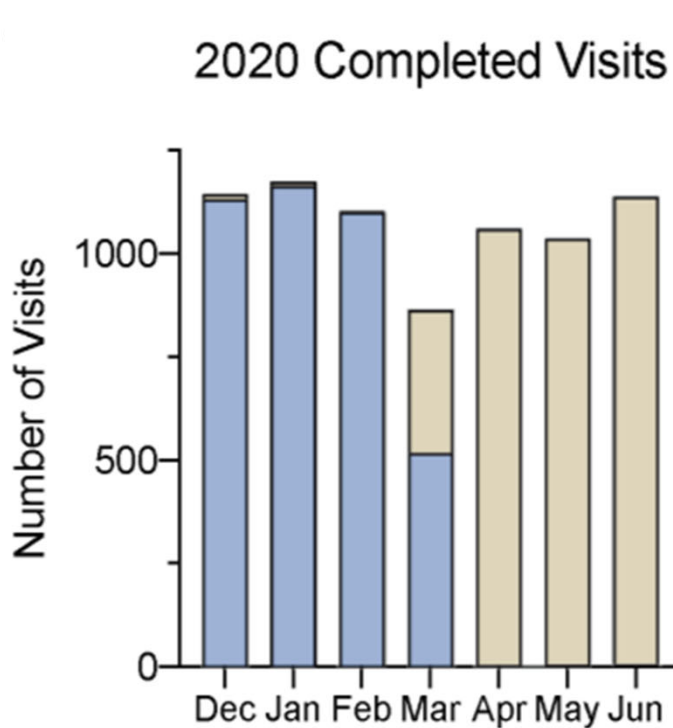
ECHO Trainings of
Community Providers

Psychiatry Medication
Management at
Healthcare Locations

Research

- Caregiver Facilitated Early Intervention
- Caregiver Facilitated Language Services
- Tele-ASD-Peds Assessment

Service Shift



- 5 ASD/ID clinics rapidly switched to telepsychiatry at equivalent rates.
- 1A. Visits for the months of Dec 2019 to June 2020 were summed across all five clinical sites for in-person (blue), and telepsychiatry (beige) visits.
- 1B. Completion rates of in-person (blue) and telepsychiatry (beige) visits across the same time period as in A.
- Verma, S, Pankhuree, V., Soda, T., Koth, K., Aguayo, P., Shaffer, R., Hellings, J., Muhle, R.

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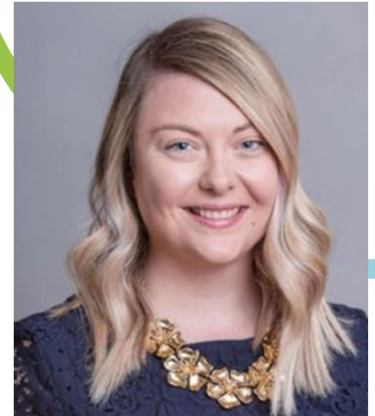
Cincinnati Children's Satisfaction Rates

Overall Satisfaction



Family Perspectives

- Perception of Benefit of Diagnostic Evaluations
 - Some families waited for in person
 - Transportation barriers overcome
 - Increased flexibility
 - Translation was a barrier
- Families were more satisfied when youth had higher symptoms
- Perception of Benefit for Treatment Services
 - Greater for older youth, those with less ASD characteristics, and greater restricted and repetitive behaviors
 - Lower family burden to travel to appointments and less stress for child
 - Less beneficial for younger children, more ASD characteristics
- Most families had the needed technology



Debra Reisinger



Bhat, A., 2021. Analysis of the SPARK study COVID -19 parent survey: Early impact of the pandemic on access to services, child/parent mental health, and benefits of online services. Autism Research.. doi:10.1002/aur.2618

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Clinician Perspectives

- Qualitative Interviews of Autism Care Network Sites
 - ASD Assessment via telehealth possible
 - Behavioral observations the most challenging
 - Lack of standardization
 - Younger children with clear symptoms were best
 - Children with high anxiety or irritability in new places benefited
 - Institutional support was key
 - Prefer to continue in some way!
- Indiana University Satisfaction Results
 - 94% of providers were satisfied with tele assessments
 - Technology was more related to provider satisfaction than caregiver
 - Issues only occurred in 20% of visits



Elizabeth Kryszak

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Validity

Diagnostics

- Likely best for a specific group of children
- More evidence is needed
- Standardization is needed

Intervention

- [Gatlinburg Conference Symposium 11: Virtual Adaptations](#)
- Outcomes very similar to in person and at times better!
- What should validation look like?

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Access

- Critical need for competent providers and increased services
 - Rural communities
 - Minority populations
- Internet access
- Does telehealth broaden access or widen the gap?
- More research is needed

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Future of Telehealth for ASD

**Provider
Licensure**

**Accessibility
for Diverse
Families**

**Standardize
Diagnostics**

**Insurance
Coverage
Uncertainty**

**Determine
Demand and
Expansion**

**Treatment
Research
Questions**