

Distance treatment — Iceland

Trappa

— speech therapy online



THE GLOBAL GOALS



Nordic Council
of Ministers



Government Offices of Sweden
Ministry of Health and Social Affairs

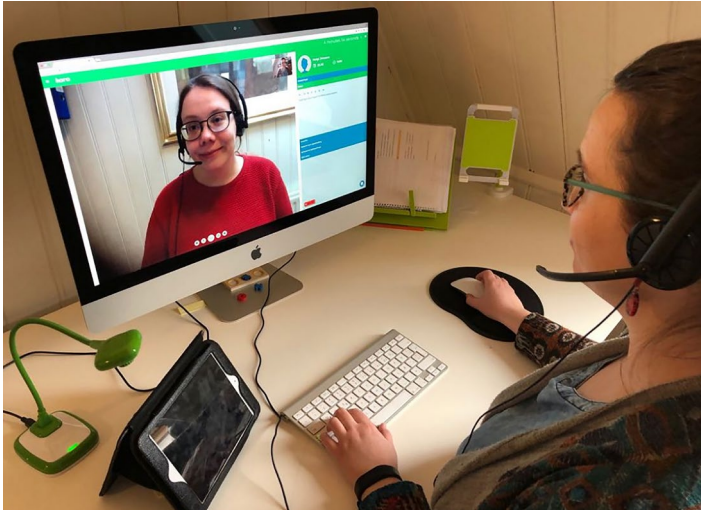


region
västerbotten

Summary

The lack of specialists in psychology and speech therapy in rural Iceland and other ways of accessing their services have been challenging for several years. Since 2014, Trappa, a speech therapy clinic, has specialized in online services throughout Iceland.

Trappa offers speech therapy, teaching, language learning assistance and consultation all through the browser-based solution Kara Connect. Kara is designed to meet the needs of specialists – bearing in mind that services need to be accessible regardless of where you live.



Picture of the solution in use

Main effects of the solution

- Easier access to specialists.
- Reduces travel cost.
- Less disruption to children's everyday lives.

Users

- Speech therapists
- Psychologists
- Clients
- Schools
- Municipalities

Quotes/Testimonials

"The main advantage is that my child receives help from a professional who would otherwise have not been available. Road conditions, weather and travel distances do not disrupt the service. This is a huge benefit".

– Parent of a child who needs speech therapy

Elaboration

Needs and challenges

For several years there has been lack of specialists in psychology and speech therapy in rural Iceland and other ways of accessing their services have been challenging. Also, different and complex payment structures have been an obstacle to services. Also, journeys are long and public transport is not always available due to bad weather conditions throughout the year. This solution provides an opportunity to address the need and assist the community. The main challenge is to ensure that communication is secure.

Solution and function

By bringing the practise into rural areas via a video communication platform, the isolation and lack of specialist treatment is partially eliminated. The Trappa project was launched in a small village in the remote Westfjords, starting with just a few children at primary school. However, it became apparent that their needs were urgent and the project helped the children gradually overcome their issues.

Implementation

The solution is easy to use and requires only basic computer, loudspeaker and microphone equipment.

Economy

The solution itself is web based and saves time and travel expenses. Costs revolve around the cost of therapy.

Process

The solution requires a secure online platform.

Further information

karaconnect.com

Contact details

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Name of the service

Kara Connect

Service provider

Kara Connect

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