

Video Interaction Guidance Intervention



What is Video Interaction Guidance (VIG)?

Video Interaction Guidance (VIG) is a technique that aims to improve interactions between two or more people. It involves participants recording, viewing, and discussing with a Video Interaction Guide very short recorded clips of successful interactions.

VIG can be used in many different situations. I use VIG with families and support workers who support people with very severe interaction difficulties, such as people with profound intellectual and multiple disabilities, autism, or Down syndrome and dementia. It can be used to help enhance the interactions, and put into words the qualities of interactions that best enable the person with a disability.

Some families and support workers come to VIG with a particular goal in mind, such as helping a person be more responsive in an interaction, or less distressed. Some people don't have goals, but just wanting explore how to optimise the interactions for the person with a disability.

Practitioners believe that the VIG works for the following reasons:

- Recording is done in the place where the interactions normally occur - it is based on what really happens
- Participants are able to stand back and look at themselves on screen
- The process of people actually seeing themselves communicating effectively is empowering and changes self perceptions
- There is raised awareness of own interaction skills and the potential for further growth
- Participants feel listened to by the guide and that their views and feelings are received
- A shared understanding develops between support workers and between the guider and the participant(s)
- Participants self model through viewing themselves being successful in their communications and interactions. This, together with the support received from the guide, contributes to positive changes in communication and relationships with others.

VIG can be used with pairs of people, such as a key worker and their client, or with groups, such as a whole team who support a person (the process for whole team work are a little bit different, contact me for specific details).



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What's involved in Video Interaction Guidance (VIG)?

There are a number of steps that are involved in VIG.

1. Permission is gained from a support worker/family member and the person responsible for decision making for the person with a disability (most of the people that I work with can not provide their own consent – some can) to participate.
2. I will sit down with the support worker/family member to see what they would like to get out of being involved in VIG – do they have goals, things that they would like to happen differently or better?
3. I will make an appointment to video record 10 minutes of normal interaction between the support worker/family member and the adult with a disability.
4. Sometimes I will take the video away to analyse, and sometimes I will do it in the house – this usually takes about 30 minutes. I will look for the exceptional moments in the interactions – those that are working really well.
5. I will then sit down with the support worker/family member to share the video clips and explore what is working well, examine how these sit with the goal, and generate new possibilities for enhancing the interactions further. This step is sometimes called a shared review.
6. Steps 3-5 usually occur 3-4 times. Usually there is a gap of 2-4 weeks between shared review sessions.

At the end of the process I can prepare a copy of the best clips to be given to the person with a disability/their family and the support workers.

To whom does the tape belong?

The video recording belongs to the participants being recorded. The guide gives a written undertaking that the recording will not be shown to anyone else without the permission of the participants being recorded.

The guide deletes the video recording 12 months after the intervention.

Payment models for Video Interaction Guidance (VIG)?

There are a few different options for how to pay for a Video Interaction Guidance intervention. Video Interaction Guidance usually takes the following amount of clinical time:

- Introductory session 45-60 minutes
- Recording, analysis, and shared review visits ~90 minutes each x 4
- Preparation of clips for final sharing with participants and a short written summary of the intervention for the DSW and consenting person ~90 minutes
 - o ~8-9 hours

Dr Sheridan Forster currently charges \$120 / hr for VIG interventions. She charges 60% of the hourly rate for travel time to get to and from home visits.

Hence, Video Interaction Guidance intervention may cost \$960 + travel time costs (i.e. \$72/hr).

There are a range of options for how this might be paid.

- It can be paid entirely by the person with a disability.
- The person may be able write the request in their NDIS plan, and NDIS may approve for payment, or into any other care plan that they have.
- The person with a disability or their supports can talk to their doctor about using the Chronic Disease Management Medicare item. This will allow them to have ~ \$50 of the fee from face to face contact covered by Medicare (i.e., 4 face to face contacts might be claimed for ~\$50 can be made). Please note: The Chronic Disease Management Medicare item is only available for 5 allied health appointments each calendar year.
- The person may be able to use private health insurance – please check with their insurer.
- The person with a disability and the support provider may negotiate part payment by each.

For example the person with a disability pay for the final clips and written report and the supporting organisation pays for the recording, analysis and share review.

Please indicate how the payment will be made prior to the consultation.

Dr Sheridan Forster

BAPSc, GradDipEd, PhD, CPSP

Sheridan is a Certified Practising Speech Pathologist. In 2011, she completed doctoral studies, looking at interactions between adults with profound intellectual and multiple disabilities and their support staff.

She has worked in the government and non-government sector in Australia and the UK. Sheridan currently combines research and practice, being aware and contributing to best practice in the communication support of adults with disabilities.

Sheridan is a founding member of Video Interaction Guidance Australia (VIGA), Accredited Supervisor with the Association of Video Interaction Guidance UK.



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