

ACT ON PARKINSON'S

There are specialised support services available for people living with Parkinson's disease in the Illawarra Shoalhaven Local Health District

Early diagnosis and correct referral paths is key to give people a head start and jump the gun against Parkinson's.

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Hospitals with a Neurology Clinic

- u Shellharbour Private Hospital
 - u Wollongong Hospital
 - u Wollongong Private Hospital
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Healthcare Professionals

There are a number of local healthcare professionals involved in the treatment and management of Parkinson's disease and advanced Parkinson's disease.

These include:

- u General Practitioners
- u Neurologists
- u Movement Disorder Neurologists
- u Physiotherapists
- u Occupational Therapists
- u Geriatricians
- u Speech Language Clinicians
- u Exercise Physiologists

If you or someone you love is dealing with uncontrolled Parkinson's disease symptoms, visit your GP to request a referral to a movement disorder Neurologist.

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Infoline and Counselling

People with Parkinson's disease, their carers, family and supporters can access a Parkinson's NSW Counsellor by ringing the InfoLine on 1800 644 189 (toll free) for an appointment.

This service is provided at no charge to the client due to the generosity and support from donors. These Specialist Counsellors are skilled in the issues surrounding Parkinson's disease.

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Support Group

A support group is an informal gathering of people who share similar experiences, situations or problems. One of Parkinson's NSW's most valuable and popular services is the development and coordination of a network of over 70 Parkinson's support groups throughout metropolitan and regional NSW.

In the Illawarra Shoalhaven region, we have monthly support groups available in:

- u Illawarra North - Corrimal
- u Illawarra South – Albion Park
- u Shoalhaven Coastal Waters
- u Shoalhaven Nowra
- u Shoalhaven-Ulladulla
- u Southern Highlands

If you're interested in finding out more about a support group in your area, please call the Parkinson's NSW InfoLine on 1800 644 189 to be connected with the support group best suited to your needs and location.

Exercise and the Arts

Exercise is a part of healthy living for everybody, but for people with Parkinson's, exercise shouldn't be seen as optional but essential. Research data supports the idea that exercise is beneficial for people living with Parkinson's.

Doing regular exercise is linked with an improved sense of wellbeing, even across different stages and severity of Parkinson's.

Exercise initiatives in the Illawarra Shoalhaven area include:

- u Body Dynamics (Illawarra) 02 4283 6659
- u Solutions for Wellbeing (Kiama) 02 4232 2222
- u Brainfit Exercise Physiology (Nowra) 02 4421 6030

Dance for Parkinson's (Moss Vale)

- u Contact: Margaret Connor
Phone: 0466 166 866

Please call the Parkinson's NSW InfoLine on 1800 644 189 to find out more about the exercise and arts initiatives available in your area.

**If you or someone you love is dealing with
Parkinson's Disease, it's time to act.**

Visit the Parkinson's NSW website www.parkinsonsnsw.org.au