

Take part in research

Parkinson's NSW awarded grants totalling \$300,000 to four prominent researchers at the Support Group Conference Annual Dinner in October 2018.

A number of leading Parkinson's researchers, their publications and ongoing research projects were assessed by the Research Advisory Board of Parkinson's NSW before the final recipients were selected.

Dr Natalie Allen, Senior Lecturer - Discipline of Physiotherapy, Faculty of Health Sciences at the University of Sydney was awarded one of the \$100,000 Parkinson's NSW research grants and is now recruiting volunteers.

Why this is important: People with advancing Parkinson's experience worsening mobility and falls in spite of medical management of symptoms. This research aims to develop an integrated environmental, behavioural and exercise program to improve safe mobility for people with Parkinson's. It could be delivered in their homes by expert therapists, enabling people with Parkinson's to live safely at home for longer.



INTEGRATE: A TAILORED AND MULTIFACTORIAL PROGRAM FOR SAFE MOBILITY IN PEOPLE WITH PARKINSON'S DISEASE

Volunteers with Parkinson's disease (and where appropriate, their care-partners), are needed for a study investigating the effectiveness of the Integrate program: a program designed to improve the mobility of people with Parkinson's disease. The aim of the study is to compare the effects of the Integrate program to usual care.

The Integrate program is delivered in participant's homes by physiotherapists and occupational therapists, and runs for 6 months. It includes three components: behavioural modification, environmental modification and exercise.

You may be eligible to participate if you have Parkinson's disease and:

- U have fallen at least twice in the last 6 months,
- U are able to walk at least 10 metres on your own (with or without a walking aid)

- U do not have any other neurological problems (eg stroke) or uncontrolled health conditions (eg angina)

This study is being conducted by a team of researchers from the University of Sydney, and Neuroscience Research Australia, led by Dr Natalie Allen. All assessments and intervention will be carried out in participant's homes.

If you would like to be involved or would like further information, please contact:

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