

## Become a Parkinson's partner

Every hour of every day, someone is diagnosed with Parkinson's. With minimal government funding, Parkinson's NSW relies almost solely on contributions like yours to continue providing services for people living with Parkinson's.

I would be proud to become a Parkinson's Partner.

I will make a monthly donation through my credit card

\$20  \$30  \$50  My Choice of \$\_\_\_\_\_

I would love to help but cannot commit to a monthly donation right now but I would like to make a one-off donation of \$\_\_\_\_\_

Sorry I can't help out right now but please add me to your mailing list to receive newsletters and future requests.

### About You:

Mr  Mrs  Ms  Miss  Dr  Other\_\_\_\_\_

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_

State \_\_\_\_\_ P/Code\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

### Payment Information:

Card Type:  Visa  Mastercard  Amex

Card Number\_\_\_\_\_

Name on Card\_\_\_\_\_

Expiry: \_\_\_\_ / \_\_\_\_

Please send in envelope to:

Reply Paid 71, North Ryde BC NSW 1670.

I may be interested in leaving a gift in my will to Parkinson's NSW and would like to have an information pack sent to me.

# About Parkinson's NSW

## Our Vision

Quality of life now, as we work towards a community free of Parkinson's.

## Our Mission

To enhance the quality of life for people living with Parkinson's.

## Here to help you

When Parkinson's comes into your life, you may be uncertain about what the future holds for you and your loved ones. Receiving a Parkinson's diagnosis can be frightening. Every hour of every day, someone in Australia is told they have Parkinson's. Because we are here, no one has to face Parkinson's alone.

## Dealing with Parkinson's

People who have been recently diagnosed often feel very confused. They may be overwhelmed with questions, feel emotionally distressed and they may not know where to get help. Parkinson's NSW can be a valuable lifeline. We offer information, counselling and education events for people who have been recently diagnosed.

## Living with Parkinson's

A diagnosis of Parkinson's can often result in mixed feelings. Whatever the reaction, you do not have to face this alone – we are in this together.

We will ensure you receive accurate information and can assist you with creating a network of professional care providers and personal supports.

## Caring for someone with Parkinson's

If you are a carer, you will probably have many questions and will need information about how to manage various symptoms and provide emotional and practical help to your loved one. We understand that caring can take its toll on the carer, which is why our support is here for you too.



## Do you know someone living with Parkinson's?



## What is Parkinson's?

Parkinson's is a progressive neurological condition which affects the brain's ability to control movement and may also be associated with other symptoms including mood, depression and anxiety.

There is no cure. But there is hope and support.

In Australia, every hour of every day someone is diagnosed with Parkinson's. Latest research suggest up to 212,000\* Australians are living with Parkinson's. Whilst the majority of people affected are over 60 at the time of diagnoses, 18% are of working age and 10% are under the age of 40.

## What causes Parkinson's?

The causes of Parkinson's are not yet known. We do know that people diagnosed with Parkinson's have reduced levels of a neurotransmitter or brain chemical called dopamine. Dopamine allows normal movement to take place smoothly and easily. Over time, people living with Parkinson's have less dopamine, making movement more difficult.

## What are the main symptoms?

Parkinson's is very complex. Obtaining a diagnosis can be difficult as people with Parkinson's experience different symptoms and are affected in different ways.

Some of the most common symptoms that may develop include; shaking (tremor), stiffness (rigidity), slow movement (bradykinesia) and difficulties with balance (postural instability). A person with Parkinson's may not develop all of these symptoms. For example, approximately 30% of people living with Parkinson's do not develop a tremor.

## Parkinson's NSW services

People living with Parkinson's have different needs. Whether you have received a Parkinson's diagnosis, are a partner, carer, relative or friend, we understand that you will want help from different services at different times. That is why we offer a range of services, programs and supports.

## InfoLine

The Parkinson's NSW InfoLine is staffed by health professionals and is the first point of call for all your questions. The specialist Parkinson's team will help you gain a better understanding of Parkinson's, give advice and provide the latest research. We can also connect you to services, programs and other support in your local area. Contact the InfoLine on 1800 644 189.

## Counselling

No matter how you are affected by Parkinson's, our qualified team can provide you with support through our counselling service. You can visit us for a private, face to face session or talk to us over the phone. Our experienced counsellors offer a confidential and supportive environment for you to talk things through. Contact the InfoLine on 1800 644 189 to arrange a confidential appointment.

## Local support groups

Living with Parkinson's can be isolating, so meeting other people who understand can have a positive impact. We coordinate a network of more than 70 Support Groups across NSW, along with networks for people with early onset Parkinson's (under 60 years) and carers. These groups give you the chance to share experiences, hear about new developments from health professionals and meet a new circle of friends.

## Information and education

We are committed to keeping you informed about the latest treatment options, research, programs and services through our education seminars and workshops. These events are held regularly across NSW. Visit our website and follow us on Facebook @parkinsonsnsw for a full list of dates and locations.

## Community based Parkinson's nurses

We have specially trained Parkinson's nurses in regional areas across New South Wales. These nurses may assist with the management of Parkinson's, offer emotional support and education. Our goal is to increase the number of nurses in communities across NSW.

## Support for research

In Australia every hour of every day someone is diagnosed with Parkinson's. Although we do not yet have a way to cure or prevent Parkinson's, worldwide research gives us better prospects through new medications, treatments and therapies. This is why we raise funds to support research that makes a difference now for people living with Parkinson's.

## Raising awareness

As well as helping you directly, we also work to improve awareness and understanding of Parkinson's in the wider community. We collaborate with hospitals, clinics, health districts, primary health care networks and care facilities to provide the best possible care for people living with Parkinson's.

## Fundraising

Every year, we run fundraising events that bring our community together and help to meet the costs of our work.

For people who want to help more, we provide guidance on setting up monthly donations, as well as birthday, anniversary, or in memoriam donations and bequests.

## Living well

Exercise along with knowledge and medication management are effective ways to improve quality of life. Visit our website for updates on suitable programs available in your local area.

## National Disability Insurance Scheme (NDIS)

We are a Registered NDIS Service Provider and your single point of contact for your NDIS questions and requirements.

We will help you understand what options are available now and in future, support your preparations for entry into the NDIS, then link you with the services you require.

\*Ayton, D., Ayton, S., Barker, AL., Bush, AI and Warren, N. (2018). Parkinson's disease prevalence and the association with rurality and agricultural determinants. *Parkinsonism & Related Disorders*.