



THE UNIVERSITY OF
SYDNEY

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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:

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