



 **Fight  
Parkinson's™**  
Together we can

**82%** OF PEOPLE WITH  
PARKINSON'S ARE OVER  
64 YEARS OF AGE AT THE  
TIME OF DIAGNOSIS. \*

UP TO **8%** OF THE  
POPULATION IN AGED  
CARE ARE LIVING WITH  
PARKINSON'S. \*







# INTRODUCING



**As a leading organisation for Parkinson's, providing research, education and support, we are constantly working to realise possibilities for people living with the condition. Over the last 40 years, we have greatly improved quality of life for people living with Parkinson's, including Young Onset Parkinson's, and Atypical Parkinson's (PSP, MSA and CBS).**

At Fight Parkinson's (formerly known as Parkinson's Victoria) our community is at the forefront of all we do. We believe that with strong sector coordination and leadership, and greater community and government support, we can realise better outcomes.

Our multi-disciplinary team provides specialist advice and support to people living with Parkinson's, their families, carers, and health care professionals through:

- tailored health education programs and seminars
- a free and confidential health information service
- comprehensive web-based information
- an extensive peer support group network.

We are committed to raising funds to advance research that will deliver effective therapies, treatments, and a cure, and empowering our community to live full and active lives until a cure is found.

Living with Parkinson's as it progresses is a fight. Through our work, we fight to realise possibilities for people living with Parkinson's. The foundation of Fight Parkinson's lies in our collective choice to never give up.



# PARKINSON'S IN AUSTRALIA

Parkinson's is a chronic neurological condition with a range of complex symptoms unique to each individual.

Neurological disorders are now the leading cause of disabilities in the world and Parkinson's is the fastest growing neurological disease. The cause is still unknown.

The most common symptoms include stiffened muscles, slowing movement and changing posture. Many people also experience a resting tremor.

Other symptoms can include pain, depression, anxiety, speech changes and loss of facial expression. Medication and support from healthcare professionals can help manage these symptoms, however there is no way to slow progression or cure Parkinson's.

**219,000\***  
**Australians are living  
with Parkinson's**







# LEARNING HUB

The Fight Parkinson's Learning Hub was designed in conjunction with our multi-disciplinary health team to build the skills, experience and capability of the professional health, community and aged care workforce to ensure people living with Parkinson's are managed appropriately, safely and confidently by those entrusted to care for them.

Parkinson's is one of the most challenging diseases to manage due to its chronic, progressive nature, insidious onset, complicated and diverse motor and non-motor symptoms and limited management options.

People diagnosed with Parkinson's have a complex range of movement-related symptoms including tremor, muscle rigidity, poverty of movement and a loss of normal posture with a tendency of falls.

By equipping your health care staff with our practical, evidence-based courses, we can improve chronic illness self-management, reducing hospital admissions and falls and enabling clients living with Parkinson's to live a fuller life.

As Australia's leading condition-specific online education provider, the Fight Parkinson's delivers tailored education for the health, community and aged care workforce to better understand the symptoms, treatment options and strategies to improve management for people with Parkinson's.

Our role-specific courses guide professionals through the core concepts and best-practice care strategies for supporting people living with Parkinson's.

## Courses available in 2022



**Parkinson's Care for Registered Nurses**



**Parkinson's Care for Personal Care Assistants**



# LEARNING OUTCOMES

## Learning outcomes for staff:

- Further develop staff understanding of Parkinson's and its diagnosis
- Increase knowledge of the key symptoms of Parkinson's including motor, non-motor and mixed-motor symptoms
- Develop an understanding of the importance of Parkinson's medications for movement and daily activities
- Learn practical strategies to assist those living with Parkinson's in their day to day lives
- Gain a greater understanding of care planning and when to seek assistance
- Access to the Fight Parkinson's multi-disciplinary Health Team for secondary consults
- Self reported CPD points (one point for each hour of learning)
- Build confidence and an improved ability to support people living with Parkinson's.

## Organisation outcomes:

- Be at the forefront of Parkinson's care for clients living with Parkinson's, their families and support networks
- Enhancement of service offering for prospective clients living with Parkinson's
- Increased peace of mind for families
- Reduction in falls, critical incidents and complaints
- Recognition as a 'Fight Parkinson's approved' business, adding value to prospective clients
- Convenient on-demand online learning accessible anytime
- Engaged, capable workforce to support those living with Parkinson's
- Care staff trained with a minimal cost.

## Benefit to clients and their families:

- Enhanced service satisfaction through appropriate quality of care
- Reduction in trips and falls and critical incidences
- Improved symptom management
- Enhanced ability to live a full and active life.

# IMPROVING THE LIVES OF PEOPLE LIVING WITH PARKINSON'S TOGETHER

## Part of a team

The Parkinson's journey is long and it takes a skilled team to provide the best possible support. Fight Parkinson's is a valuable team member for anyone who needs support to live well with Parkinson's.

Your organisation is invited to become part of this team. Together we can unite to fight Parkinson's.

Train your staff to ensure the best care for your clients living with Parkinson's. Contact us to provide your Registered Nurses and Personal Care Assistants with evidence-based, on-demand training.

\* <https://www.fightparkinsons.org.au/about-us/media-release/parkinsons-prevalence/>

## LET'S FIGHT PARKINSON'S TOGETHER.

## CONTACT US

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