

## Where to go for help

### Parkinson's Information and support

Fight Parkinson's has specialist healthcare professionals who can provide support and information over the phone, online or in person. Information is available in many languages and a free interpreter service is available.

#### **Fight Parkinson's free Health Information Service.**

The Fight Parkinson's multidiscipline Health Team staff the free Health Information line for anyone who is seeking Parkinson's advice, support and information about best practice management of Parkinson's. To access this free phone line call 1800 644 189.

**Fight Parkinson's support groups** run in many metropolitan and regional areas. Support groups are available for individuals living with Parkinson's, as well as family members and caregivers. These groups provide an opportunity to connect and engaging with others who share similar experiences. In these groups you will meet people at all stages of Parkinson's. Meeting someone with symptoms which are more advanced can be confronting when you are recently diagnosed.

If you are interested in attending a Support group meeting, Fight Parkinson's can assist you in connecting with your local group.

**Young onset Parkinson's** support groups provide information and support for people diagnosed at a younger age. Connecting with other individuals who are managing similar challenges, such as balancing family responsibilities or maintaining

employment, can provide valuable support and insights for those living with Parkinson's. Contact Fight Parkinson's for more information.

Other **specialised peer support** or activity-based groups are available. Depending on your needs and interests, you may be suited to a more focused peer support group. Our Health Team can discuss the range of group options including:

- Therapeutic groups such as DBS or Infusion therapy
- Activity based groups including painting and singing.

**Parkinson's information and education available online.** The Fight Parkinson's website provides access to online events and seminars as well as self-directed learning options to maximising access to information wherever you may be.

Contact Fight Parkinson's for further details on upcoming sessions and programs.

### Available resources for daily living

**Movement Disorder Clinics** provide specialist programs and advice to teach people with Parkinson's strategies to help improve or maintain mobility and activities of daily living. Reach out to Fight Parkinson's to find the nearest clinic in your area.

**My Aged Care** facilitates support and services to individuals aged 65 years or older. See [www.myagedcare.gov.au](http://www.myagedcare.gov.au) or phone 1800 200 422.

**National Disability Insurance Scheme** provides support and services to eligible individuals who

are aged under 65 years. Visit [www.ndis.gov.au](http://www.ndis.gov.au) or phone 1800 800 110.

**Services Australia** provides payments and services for people in need, including people retiring or accessing aged care, people living with a disability, those looking for work and for those who care for others. Visit [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

**Local organisations** who can also assist you:

- local councils / shires
- community health centres
- neighbourhood houses / community centres
- recreation and leisure services
- migrant resource centres

## Resources as care needs increase

There are many available services that help people continue to live in their own home as they get older or as their care needs increase.

Services include:

- help with personal care, such as bathing, dressing and eating
- home delivered meals and other food services
- assistance with housework, laundry, shopping and transport
- allied health services to improve or maintain independence and daily function, including physiotherapy, occupational therapy, speech pathology and podiatry

Services may be provided through private providers, community health centres, community

organisations or approved aged care and disability providers.

To explore service options in your area, contact My Aged Care on 1800 200 422 (if aged 65 years or older) or the NDIS on 1800 800 110 (if aged under 65 years).

Your local doctor can be helpful in suggesting appropriate service options and in developing allied Health or mental healthcare plans.

## Help for carers

People who care for someone with Parkinson's need help and support too. There are services available that can help carers.

Carer Gateway provides free services and support for carers. They offer peer support, counselling, education, information about carer services and entitlements as well as access to emergency respite. Information is available in other languages. Phone: 1800 422 737 or see [www.carergateway.gov.au](http://www.carergateway.gov.au).

Centrelink: Most people who care for someone at home can receive financial assistance with a Carer Allowance. Some carers may be eligible for a Carer Payment. Phone Centrelink on 132 717.

## Further information & support:

Fight Parkinson's: 1800 644 189 or [info@parkinsons.vic.org.au](mailto:info@parkinsons.vic.org.au) | [www.fightparkinsons.org.au](http://www.fightparkinsons.org.au)

If you need an interpreter, PH: 131 450 and ask for an interpreter in your language to connect to Fight Parkinson's. This is a free service.

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Fight Parkinson's is a leading source of specialised health information and advice services. Through research, education and support, we strive to improve the lives of people living with Parkinson's, PSP, MSA and CBS.

Any medial information provided is for general information purposes only. You should always talk to your treating doctor and qualified healthcare providers for personal medical and health-related instructions.

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