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InMotion

A magazine for the Parkinson's community

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Fight Parkinson's™
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CEO update

With Parkinson's Awareness Month just around the corner in April, now is the time to come together, rally behind our community and prepare for an incredible month of action, awareness and support. This is our time to stand as one, raise our voices and make a difference for those living with Parkinson's.

At Fight Parkinson's, we are proud to collaborate with organisations, volunteers and dedicated supporters at every level – national, state and local – to drive meaningful change and to support services and community awareness. One of the most powerful ways we do this is through A Walk in the Park.

Across Victoria, peer support groups, volunteers and the Fight Parkinson's team are gearing up for this year's A Walk in the Park. This annual event truly unites our community, providing a valuable opportunity for us to come together to raise awareness and much-needed funds for our community.

In Melbourne, A Walk in the Park will take place on Sunday 27 April at Federation Square. Our regional communities are also hosting walks, with Horsham, Geelong, Swan Hill, La Trobe Valley, Hastings, Moorabbin and Mildura already confirmed. If you would like to join a walk near you or organise one in your area, visit the Fight Parkinson's website for more information.

A Walk in the Park means different things to different people. For some, it's a chance to celebrate the strength of loved ones. For others, it's an opportunity to raise awareness of the daily challenges faced by those living with Parkinson's. No matter the reason, it's a powerful way to come together, show our collective strength and walk together to fight Parkinson's.

We invite everyone to join this year's A Walk in the Park. Let's walk together to fight together. The more who join, the stronger our impact. By bringing friends and family along, especially those who have never attended, we can build a stronger community, increase awareness and continue providing vital services and support for the community.

Our 2025 A Walk in the Park ambassadors are doing their bit to help lift the lid off Parkinson's. You can meet them and find further details about A Walk in the Park on pages 8 to 10.

Fight Parkinson's annual Research Symposium returns on Friday 4 April 2025. This event brings together leading scientists and clinicians from Australia and around the world to share the latest insights with our community.

The program will cover key topics including prevention, improved care, future treatments and Young Onset Parkinson's. Attendees will also hear about the latest developments in the Fight Parkinson's research agenda, including the announcement of our research grant recipients. This free event will be held in person and streamed online, ensuring accessibility for all members of the Parkinson's community across Australia. Made possible through the generous support of our community at events like A Walk in the Park, it promises to be an inspiring and informative day.

Each year, the Fight Parkinson's Community Recognition Awards honour exceptional individuals and acknowledge those who have demonstrated incredible dedication to the Parkinson's community. In 2024, John Eren was awarded the highest honour, the Sir Zelman Cowen Award, while Betty Suggett received the Harold Waldron Carer's Award. Their contributions have helped shape and strengthen the Parkinson's community, and their stories are a testament to the power of advocacy, care and determination. Turn to pages 4 and 5 to learn more about John and Betty's remarkable contributions and see the full list of award recipients.

This year also marks a turning point in the fight for greater recognition and support for Parkinson's. The National Parkinson's Action Plan is now in motion, supported by $800,000 in federal funding. After years of being overlooked in national health policy, Fight Parkinson's joined like-minded organisations across the country to form the National Parkinson's Alliance. This initiative will focus on early detection, prevention and improved management.

Fight Parkinson's CEO Emma Collin

Fight Parkinson's is proud to play a pivotal role in bringing this plan to life, advocating for greater recognition, funding and support for the Parkinson's community. While this milestone is a significant step forward, its success will depend on the collective efforts of individuals, families, healthcare professionals and advocates.

We invite you, our community, to be part of this transformative journey, whether by staying informed, sharing your experiences or actively contributing to this groundbreaking initiative. More details on the ways you can be involved will be shared soon. Together, we can drive real change and build a future where every person across Australia who is affected by Parkinson's receives the care, resources and support they deserve.

It is always a privilege to share personal stories of our community members. The lived experience of Parkinson's is unique for everyone, yet the wisdom and resilience shared by those navigating this condition inspire us all.

In this edition, you'll find stories of those living with Young Onset Parkinson's, heartwarming fundraisers and the dedicated individuals leading Fight Parkinson's Online Singing sessions. We also explore the power of exercise in managing Parkinson's and how it can improve quality of life. Additionally, we highlight the latest biomarker research and address a critical but often overlooked health concern: bone health and the risk of fractures for people with Parkinson's.

Thank you to everyone who has openly shared their stories to raise awareness and strengthen our community. We look forward to seeing you at one of our upcoming events and continuing this journey together.

Emma Collin
CEO
Fight Parkinson's

News & highlights

Fight Parkinson's Your Care Your Choice

Fight Parkinson's has been awarded a National Disability Insurance Agency (NDIA) Peer Support and Capacity Building Grant to deliver an innovative education program, Your Care Your Choice. This program is designed to empower individuals living with Parkinson's by providing the tools, knowledge and support to take control of their care journey.

The program will be rolled out through a series of eight community seminars over the next two years with plans to expand into an online resource, broadening its reach and ensuring accessibility for all in need.

Your Care Your Choice aims to equip participants with the knowledge and skills to advocate for themselves and access the services and supports available to them. The program will cover key topics to help individuals with Parkinson's and Atypical Parkinson's understand their rights and how to engage effectively with health and disability services.

This innovative program will focus on raising awareness of the disability, aged care and health services available to people living with Parkinson's and their carers. It will upskill individuals and carers, especially those unable to access the NDIS, on navigating complex health and community support systems. Participants will gain a deeper understanding of the unique symptoms of Parkinson's, who to seek support from and how to fund support within the health and community systems. An additional goal is to help individuals understand their rights and responsibilities when engaging with services and how to navigate feedback channels to improve services and outcomes. By the end of the program, participants will be empowered to advocate for themselves and overcome common barriers to accessing appropriate services.

The program will focus on building confidence and upskilling participants to exercise greater choice and control when accessing services. Participants will learn how to understand their symptoms to enable self-advocacy, empowering them to make informed decisions about their care.

Fight Parkinson's is proud to be delivering projects for the Peer Support and Capacity Building (PSCB) grant for the NDIS. Together we're ensuring that people with disability keep accessing supports to build their skills and connect with others who have shared similar experiences.

Stay tuned for more details on how to access the Your Care Your Choice program.

Free palliative care course

Living with Parkinson's presents unique challenges and ensuring that individuals have the right support at every stage of their journey is essential. Fight Parkinson's has developed a free online course, providing valuable insights into palliative care and how it can enhance quality of life.

This new course is designed to give people with Parkinson's the knowledge and confidence to take charge of their care while helping family and friends navigate these conversations.

By understanding palliative care and its benefits, individuals can make informed choices, access better support and ensure that their care aligns with their needs and values.

How this course can benefit you

Many people living with Parkinson's are unaware of how palliative care can help them maintain independence, dignity and overall well-being for as long as possible.

This course will:

- Define palliative care, both what it is and what it is not.
- Explore why palliative care is relevant and beneficial for everyone living with Parkinson's, no matter the stage of your Parkinson's journey.
- Provide information about getting the most out of palliative care approaches.
- Help family, friends and anyone interested gain a better understanding of palliative care and how to navigate these important conversations with loved ones living with Parkinson's.

This free course will be available on the Fight Parkinson's Community Learning Hub. For more information, visit fightparkinsons.org.au or contact the Fight Parkinson's Health Team on (03) 8809 0400.

New Fight Parkinson's monthly e-newsletter

We are pleased to announce the launch of our free monthly e-newsletter designed specifically for the Parkinson's community.

This e-newsletter will be a valuable resource, bringing you the latest updates on Parkinson's research, information on upcoming events, inspiring personal stories and other essential content to support people with Parkinson's to live well.

What to expect

Each edition of our e-newsletter will be packed with insightful and meaningful content, including:

- **Latest Parkinson's research:** Stay informed about breakthroughs, new treatments and scientific advancements that could make a difference in managing Parkinson's.
- **Upcoming events:** Whether it's our annual fundraising walk, educational webinars or community seminars, you'll get all the details on what's happening.
- **Personal stories:** Hear firsthand from individuals and families navigating life with Parkinson's, offering support, encouragement and shared experiences.
- **Resources and support:** Access helpful articles, expert advice and tools to empower you on your journey with Parkinson's.

Subscribe and stay informed

If you're not currently on our email list but want to stay informed, we invite you to subscribe today. Simply visit fightparkinsons.org.au/subscribe and enter your details. If you already receive our emails, you will automatically start receiving our new e-newsletter, so there's no need to subscribe again.

Stay tuned for our first edition, we can't wait to share it with you!

Stay informed

New Fight Parkinson's e-newsletter

Subscribe today

fightparkinsons.org.au/subscribe

Fight Parkinson's Awards

John Erin receiving the Sir Zelman Cowen Award alongside his family.

Championing the Parkinson's community

John Eren was diagnosed with Parkinson's in 2019. After nearly two decades of dedicated service to his community as a member of the Victorian Parliament, he faced a pivotal decision: step back or step up. John chose to do both. He retired from Parliament to prioritise his health while also becoming one of the strongest advocates for the Parkinson's community.

John Eren has been honoured with Fight Parkinson's highest accolade – the Sir Zelman Cowen Award for 2024. This prestigious award recognises individuals who have provided exceptional service to people living with Parkinson's. The award continues the legacy of Sir Zelman Cowen who, after his own diagnosis at age 70, worked alongside his wife Lady Anna Cowen to support the Parkinson's community for over two decades.

John's journey with Parkinson's began with subtle changes. "There was tingling in my fingertips. My right arm wouldn't swing. I couldn't do up my buttons on my shirts," he recalls. When a colleague in Parliament noticed his hand shaking during a presentation, Eren decided to see a neurologist. The diagnosis surprised both him and his wife Geraldine but also marked the beginning of a new chapter in his life.

In 2020, John became an ambassador for 27forParkinson's, using his own experience to offer hope and support to others. By sharing his story publicly, he helped break down the stigma surrounding the condition, showing others they were not alone. His courage inspired many to take action. That year, his 27forParkinson's team raised an impressive $23,000, with John personally contributing $14,000, to support vital research and services. But for him, the donations were never just about money; they represented growing awareness, understanding and a sense of solidarity within the Parkinson's community. John has become a familiar face at community events from research fundraisers to A Walk in the Park and community seminars.

John's influence didn't stop there. He worked closely with John Watkins from New South Wales, building bipartisan support for Parkinson's issues and bringing them to the attention of decision-makers in Canberra. His openness about his own condition has encouraged others to seek help earlier and advocate for better support.

> *"Find your source of dopamine. Mine is my family"*

In his heartfelt acceptance speech, Eren shared his personal philosophy about living with Parkinson's. "Find your source of dopamine. Mine is my family," he told the audience, adding, "There are two things you never know – when you live and when you die – so live your best life."

The award was presented by Ms Nina Fraid, granddaughter of Sir Zelman Cowen, on behalf of the Cowen family. This tradition dates back to 2006 when Lady Anna Cowen personally presented the award until her passing in 2022.

Reflecting on the honour, Eren expressed his gratitude. "I thank the Cowen family for having and continuing such an award for so many years. It inspires people in the Parkinson's community to do their best to hopefully one day find a cure for Parkinson's. That's why it means so much to the recipients of this prestigious award. I'm very humbled to have received such an honour and congratulate all previous winners."

Through his advocacy, John Eren has shown that while Parkinson's can change lives, it doesn't have to define them. His story is proof that one person's courage to speak up and take action can create lasting change. Through his dedication to the Parkinson's community, he has transformed a personal challenge into a powerful force for positive change, improving support and understanding for everyone affected by Parkinson's.


Fight Parkinson's
Together we can

Harold Waldron Carer's Award
This certificate is awarded to:
Betty Suggett
In recognition of outstanding service supporting the Parkinson's community.

Philip Thomas
Chair

November 2024

Betty Suggett with her Harold Waldron Carer's Award alongside her daughter.

A lifetime of support

Betty Suggett has been honoured with the Harold Waldron Carer's Award for her outstanding support of the Parkinson's community. For over 20 years Betty has worked tirelessly alongside her late husband Andrew Suggett OAM to help people with Parkinson's and their families.

Betty and Andrew's connection to Parkinson's began in 2000 when Andrew was diagnosed just as he was retiring. The childhood sweethearts who shared 65 years of marriage turned this challenge into an opportunity to help others. They joined the Warrnambool Peer Support Group in 2001 and by 2005 Andrew had become the group leader. With Betty's steady support they made the group a welcoming place for people living with Parkinson's and their loved ones.

Together Betty and Andrew made significant contributions to raising awareness about Parkinson's. In 2013 they invited then-Premier Denis Napthine to Melbourne's A Walk in the Park, bringing valuable attention to the cause. They organised a Warrnambool regional walk for over ten years, bringing the community together to support the cause.

Betty and Andrew also organised the first regional peer support group meeting in 2017, bringing together members from Warrnambool, Portland and Hamilton. For almost 20 years they hosted community seminars and celebrations that strengthened the local Parkinson's support network.

When Andrew received the Victorian Government's Senior of the Year Award in 2023, he made sure to acknowledge Betty's essential role in his work. After Andrew's death later that year Betty played an essential role in supporting the regional walk held in Andrew's honour.

The Harold Waldron Carer's Award is named after Harold Waldron, who led the Geelong Peer Support Group for 38 years while caring for his wife Margaret. The award recognises family members and friends who have made a significant difference through their voluntary leadership and dedication to the Parkinson's community.

Betty's warm presence, reliable support and care for others make her a worthy recipient of this award. Her ongoing work in the Parkinson's community shows how one person's dedication can help create a stronger, more supportive community for everyone affected by Parkinson's.

Award recipients

Without the contributions of volunteers who generously dedicate their time and experience, the Parkinson's community would not be what it is today.

10 year Service Award: Alan Collins, Barbara Phoenix, Fred Taylor, Helen Brunt, Kate Marshall, Damian Rann, Geoff Wilkinson

5 year Service Award: Jenni Mitchell, Robyn Phillips, David Rendell

Community Recognition Awards: Andrew Lindsay; A/Prof. Michele Callisaya; Jenny Stevenson; Russell Joyce; Andrew James; Peter Brown; Jeannette Branch; Sean Anderson; Ron Keilar; Vicki Thomas; Russell Wardle; Julie Wardle; Mimi Morgan; Georgy Hicks; Andrew Hicks; Libby Hicks; David Smith; Amy Smith; Stephen Lake; Mick de Graaf; Libby Young; Patty Mayne; Lorena Bazzano; Trevor Prasad; Jackie Unwin; Matthew Pettman; Leon & Marlena Argent; Rina Sawaya; Jem Research Foundation Trust; Pam Drake-Noden.

Ask the Expert

Understanding biomarkers in Parkinson's

In a recent Ask the Expert session, Professor Kevin Barnham from the Florey Institute shared insights into the groundbreaking work being done on biomarkers in Parkinson's.

Biomarkers have the potential to transform Parkinson's diagnosis, treatment and drug development. Their role in shaping the future of care for people living with Parkinson's has never been more important.

What are biomarkers?

In simple terms, biomarkers are biological indicators that can be measured to assess the health status of an individual. While many people associate biomarkers with blood tests, they can come in many forms including functional tests (such as how well a person walks), imaging techniques (like X-rays or PET scans) or biological samples like blood, urine or faeces.

Current and future research in biomarkers

One of the most promising developments in Parkinson's biomarker research is the use of PET imaging to detect biomarkers in the brain. These scans can identify specific regions of the brain that are affected by Parkinson's. While this technology is effective, it remains costly and is not suitable for routine screening, particularly in asymptomatic individuals.

Professor Barnham suggests that a national screening program for brain health, like the bowel cancer screening initiative, could become a reality if screening tests were more accessible and affordable.

"To achieve this, we need to develop more affordable and accessible tests capable of screening the population to identify those individuals where Parkinson's has begun or who are at risk of Parkinson's developing. It is these at-risk individuals that would then undertake the more expensive definitive tests such as PET imaging," he explains.

Making biomarker testing accessible

Researchers are also working on identifying other biomarkers that may be easier to undertake to increase access to biomarker testing, particularly for people in remote and rural areas. Research is also being done to develop online tests for Parkinson's. This would make it possible for individuals in remote or rural areas to take part in the screening process, increasing access to early diagnosis across Australia.

Another exciting development involves vision-based tests. These tests, which could be part of standard vision exams, aim to detect early signs of Parkinson's. Though still in the early stages, this approach is showing promise and could eventually make Parkinson's screening more routine.

Biomarkers in drug development

Biomarkers are also playing an important role in drug development for Parkinson's. Testing new drugs for Parkinson's is particularly challenging. The condition progresses slowly so clinical trials typically take many years to show results. Biomarkers can help researchers identify individuals who are in the "sweet spot" for a particular drug, making it easier to enrol the right participants in trials.

By categorising patients based on biomarkers, researchers can accelerate drug development and increase the chances of finding effective treatments. This would also help reduce the time and cost of clinical trials, which are often prohibitively expensive due to the slow progression of Parkinson's.

One example of how biomarkers could help in drug trials is the use of Rapid eye movement (REM) sleep behaviour disorder (RBD). This disorder, where people act out their dreams, is seen in many individuals before other symptoms of Parkinson's appear, and studies have shown that around 90% of individuals with this condition will go on to develop Parkinson's, Multiple System Atrophy and Dementia with lewy bodies. This makes RBD an ideal condition for identifying individuals in the preclinical stage of the condition, allowing them to be included in early-phase drug trials.

However, many individuals with RBD are prescribed sleeping tablets, which can mask the condition and delay a Parkinson's diagnosis. Professor Barnham and Fight Parkinson's emphasise the importance of raising awareness among General Practitioners, encouraging them to refer patients with potential RBD for sleep studies, which could help identify those at higher risk of developing Parkinson's.

Early diagnosis: The key to better outcomes

Early diagnosis is not just important for clinical trials, it's also crucial for improving quality of life for people with Parkinson's. By identifying Parkinson's in its early stages, patients can start lifestyle interventions such as exercise programs that can help manage symptoms and improve long-term outcomes. The benefit of an early diagnosis enables people to incorporate neuroprotective measures sooner.

Biomarkers are a key piece of this puzzle. As research advances and new biomarkers emerge, they will allow for earlier more accurate diagnosis and enable personalised treatments that are better tailored to the individual.

If you are interested in learning more about biomarkers and their role in Parkinson's, join us at our upcoming Research Symposium on Friday 4 April where Professor David Finkelstein and Dr Mel Tang will be delving deeper into the exciting advances being made in this important area of research.

To register: fightparkinsons.org.au/events

Managing Symptoms

The power of exercise in managing Parkinson's

While medication plays a crucial role in managing the symptoms of Parkinson's, there is increasing evidence that exercise is another powerful tool helping with Parkinson's stay healthier and improve their quality of life.

As Parkinson's progresses, it often leads to stiffness, weakness, and a decline in mobility. Regular exercise helps combat these effects, improving movement, coordination, balance, and overall well-being. With A Walk in the Park around the corner, now is the perfect time to get started.

Movement improvements

Exercise helps maintain or even improve key aspects of movement affected by Parkinson's, including:

- **Coordination:** Regular movement helps the body function, improving the ability to perform actions like reaching or grasping.
- **Strength:** Resistance exercises, such as weightlifting or bodyweight exercises, strengthen muscles weakened by Parkinson's.
- **Flexibility:** Stretching exercises keep muscles and joints limber, reducing stiffness.
- **Balance:** Activities like Tai Chi or yoga improve balance and posture, which are often compromised in Parkinson's.

Overall physical health

Exercise supports other aspects of physical health, such as:

- **Heart and lung function:** Cardiovascular exercises like swimming, cycling, or walking improve heart and lung capacity.
- **Weight management:** Staying active helps regulate body weight, especially for those who may be more sedentary due to their symptoms.
- **Bone strength:** Weight-bearing exercises improve bone density, reducing the risk of fractures.
- **Digestive health:** Exercise helps alleviate constipation and other gastrointestinal issues.
- **Energy and sleep:** Regular activity can improve sleep quality and boost energy levels.

Emotional health

Exercise also has significant emotional benefits, including:

- **Reduced depression** and improved mood due to the release of endorphins.
- **Lowered anxiety and stress** by providing a sense of control over one's body and daily life.
- **Increased self-esteem** and a sense of accomplishment as you work toward and achieve exercise goals.
- **Enhanced control** over Parkinson's symptoms, providing a greater sense of agency in care.

Emerging research also suggests that exercise may help protect dopamine-producing nerve cells that are lost in Parkinson's. While more research is needed, exercise shows promise in slowing the progression of the condition.

Getting started with exercise

Before starting any exercise routine, it's important to consult your treating health professional or treating doctor. They can consider your general health and provide some guidance on suitable activities based on your health needs. For most people living with Parkinson's, working with a physiotherapist or exercise physiologist can help create a personalised program.

Start with gentle exercises and gradually increase intensity as your fitness improves. Consistency is key, so try to make exercise a regular part of your daily routine.

Types of exercise for Parkinson's

Certain types of exercise are particularly beneficial for people with Parkinson's:

- **Brisk walking:** Great for cardiovascular health and movement.
- **Swimming:** Low-impact and excellent for full-body strength and flexibility.
- **Cycling:** Improves endurance and leg strength.
- **Dancing:** Helps with coordination, balance, and mood.
- **Strength training:** Builds muscle and combats weakness.
- **Yoga and Tai Chi:** Enhance balance, flexibility, and mobility.
- **Meditation:** Reduces stress and promotes relaxation.

It's important to choose a type of exercise or exercises which you enjoy and will keep doing regularly. Over time this may change.

Tips for safe exercise

While exercise is important, safety is paramount. Keep these tips in mind:

- Start slowly and gradually increase intensity.
- Avoid overexertion and stop if you experience pain.
- Exercise during "on" periods when your medication is most effective.
- Wear supportive shoes and stay hydrated.
- If balance is an issue, use a walking aid for extra stability.
- Check in with a Physiotherapist* or Exercise Physiologist* at regular intervals.

*You can see a physiotherapist or exercise physiologist using your Private Health insurance or with a Medicare Chronic Disease Management Plan.

A Walk in the Park

A Fight Parkinson's community event

Join us for A Walk in the Park 2025

Get ready to be part of something truly special – Australia's largest community event dedicated to supporting people living with Parkinson's.

A Walk in the Park Melbourne returns during Parkinson's Awareness Month, taking place on **Sunday 27 April**.

This event brings together thousands of people from the Parkinson's community, including families, friends, carers and healthcare professionals - united by a shared purpose.

Since 2009, this event has fostered a deep sense of connection, demonstrating that no one faces Parkinson's alone.

But A Walk in the Park is more than just a walk, it's a movement. A movement raising awareness, building community and driving vital fundraising to ensure people with Parkinson's can live well.

This year, we walk together to fight together – standing side by side. So, gather your team and join us to make a difference.

Registrations are open, so register today!

Regional walks are also happening across Victoria, with events already confirmed in **Horsham, Geelong, Swan Hill, La Trobe Valley, Hastings, Moorabbin and Mildura**.

If there isn't a walk near you, you can walk in your local area with family and friends.

Why walk?

By joining A Walk in the Park, you're doing more than just taking steps – you're taking action. Here's how your participation makes a difference:

Show support: Walk in solidarity with the Parkinson's community, honouring loved ones and standing with those living with the condition.

Inspire action: Your involvement motivates others to fight Parkinson's and drives greater awareness.

Build community: Bring your friends, family or workmates along and show that no one has to face Parkinson's alone.

Raise awareness: Every step helps shine a light on Parkinson's, increasing understanding and support for those affected.

Demonstrate unity: The more people who walk, the louder our collective voice becomes – showing strength in numbers.

Make a difference: The funds you raise directly improve the lives of people living with Parkinson's by providing essential care, resources and services.

Fundraise for impact: Every dollar raised goes towards free support, education and information for the Parkinson's community.

Register today and walk with us to fight Parkinson's – together, we're stronger.

Important info for Melbourne A Walk in the Park

When: Sunday 27 April 2025

Where: Federation Square, Melbourne

Schedule:

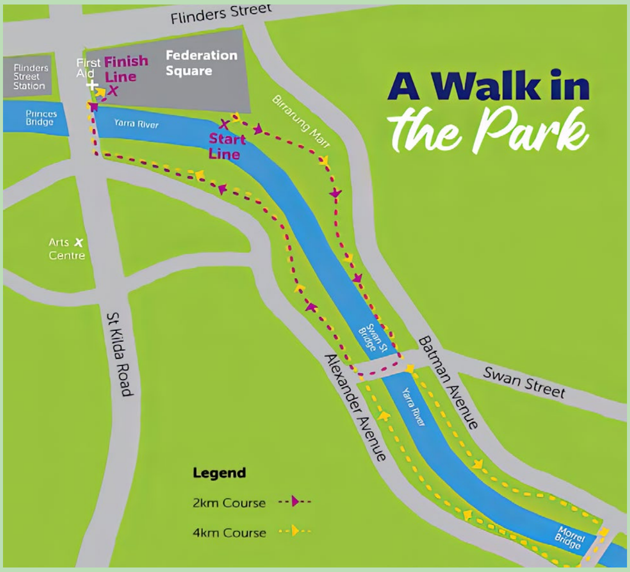
8:30am – Arrival and registration
9:30am – Pre-walk entertainment
10:30am – Walk begins
1:00pm – Official event activities conclude

To ensure that the day is as fun and safe as possible, please follow these steps:

1. Register in advance to avoid delays and ensure smooth entry.
2. Enter the event via the registration marquee located on the St Kilda Rd side of Federation Square.
3. After the pre-walk entertainment and warm-up session, head to the start line and get ready to walk.
4. Once you have completed the walk, you're welcome to stick around for more celebrations and entertainment or make your way home.

What to wear:

- Your A Walk in the Park 2025 t-shirt
- Comfortable, flat shoes
- Weather-appropriate clothing



FAQs

How do I register?

Visit www.awalkinthepark.org.au and click the "Register" button. Choose your preferred location (Federation Square or your local area), select your ticket type, and follow the prompts. For assistance, contact our fundraising team at 03 8809 0400 or email fundraising@fightparkinsons.org.au.

How much are tickets?

Senior/Concession	$35
Child (under 18)	$35
Adult	$55
Family (2 adults, 2 kids)	$145
Dog	$15

Please note that higher registration fees apply for on-the-day registrations.

Can I register on the day?

Yes, on-the-day registrations open at 8:30am.

Is there entertainment?

Yes! A Walk in the Park is a celebration for the whole family, with pre- and post-walk entertainment, including an MC and live performances.

Is merchandise available?

All participants will receive a 2025 A Walk in the Park t-shirt to wear on the day.

As a thank you for your fundraising efforts:

- Those who raise $500 will receive a Fight Parkinson's beanie.
- Those who raise $1000 join the exclusive $1K Club and receive the special $1K Club t-shirt and are given priority start position on the day and certificate of appreciation.

Merchandise will also be available for purchase on the day and through our online shop at www.awalkinthepark.org.au/shop. To ensure delivery before the event, please place your order by Sunday 6 April. Alternatively, you can pick up your merchandise at Federation Square on event day.

Please note that dog tickets do not include a free t-shirt. However, you can purchase additional t-shirts online or on event day for them to wear.

Will there be food and drinks available on the day?

Water stations will be available at Federation Square and along the walking route. Coffee, cold drinks, and snacks can be purchased at nearby shops. However, we recommend packing a lunch if you'd like to refuel after the walk.

Is Federation Square accessible?

Federation Square is fully accessible, with wheelchair and pram-friendly ramps, lifts and onsite parking. The entire route, including the 4km walk and 2km shortcut, is on footpaths and suitable for wheelchairs and prams.

To ensure full accessibility, we will be utilising the toilets at Federation Square. For more information about accessibility at Federation Square, please visit www.fedsquare.com/accessibility.

For additional accessibility support, Traveller's Aid Australia offer hire services nearby at Flinders Street Station. To book ahead, please call Traveller's Aid at 03 9068 8187 or book online at www.travellersaid.org.au/our-services/mobility-equipment-hire. Traveller's Aid will also offer a shuttle buggy from Federation Square after the walk to assist anyone getting to and from the car park.

For more details, please get in touch with us on 03 8809 0400 or email fundraising@fightparkinsons.org.au.

How do I find a regional walk near me?

You can find details about upcoming regional walks on the A Walk in the Park website at awalkinthepark.org.au/regionalwalks.

If there's no event in your area but you're interested in organising one, Fight Parkinson's is here to support you. Just give us a call at 03 8809 0400 or contact our Fundraising Team at fundraising@fightparkinsons.org.au.

Remember, every walk makes a difference, helping to raise awareness and improve outcomes for the Parkinson's community.

Are there other ways to get involved?

If you can't attend the walk at Federation Square or one of the regional walks, you can still participate by walking in your local area at a time that works for you. Be sure to take some photos with your team in your A Walk in the Park t-shirts and share them on social media using the hashtags #FightParkinsons and #AWalkinthePark. We'd love to see your incredible efforts!

Creating a team

Why not make the day even more enjoyable by creating a team? It's a fantastic way for family and friends to unite and show the power of community. If you're already part of a team, why not add someone new this year? Every new participant has the potential to inspire others, creating a ripple effect that starts with you.

You can easily set up a team during registration or after signing up via your fundraising dashboard. Simply click "Create Team" and follow the prompts. Need help? Call Fight Parkinson's at 03 8809 0400, and we'll be happy to assist you.

Our top fundraising tips

1. **Add a profile picture** to your fundraising page.
2. **Include a personal story.** What inspired you to do this challenge? Why have you chosen to support Fight Parkinson's? What are you asking your supporters to do?
3. **Set yourself a target** to work towards.
4. **Share your page.** Email your fundraising page link to your friends, family and colleagues and spread the word on social media.
5. **Thank your supporters.** Along the way and at the end of your fundraising journey, remember to thank everyone who donated.

Important reminder:

If you're feeling unwell on the day, we kindly ask that you prioritise your health and refrain from attending. The well-being of the Parkinson's community is our top priority. For further information about the event or details about the regional walks, please contact Fight Parkinson's at 03 8809 0400 or email the fundraising team at fundraising@fightparkinsons.org.au.
Event updates and further details are also available on the Fight Parkinson's website.

Meet our A Walk in the Park ambassadors

We thank our 2025 Ambassadors for generously sharing their personal stories as they inspire the community to join A Walk in the Park to help raise awareness and funds.

Peter Brown

Peter was diagnosed with Parkinson's in 2024 and participated in his first A Walk in the Park later that same year. Inspired by the event, he has channelled his energy and passion into raising both funds and awareness for the cause. As the top individual fundraiser for A Walk in the Park 2024, Peter returns in 2025 as an ambassador, continuing his dedication to supporting the Parkinson's community and driving meaningful change.

Isa and Alan Adams

Isa was diagnosed with Parkinson's 17 years ago after noticing the tremor in her right hand intensifying. Having watched both of her in-laws live with Parkinson's, she had a strong sense that she too would eventually receive the same diagnosis. Alongside Professor Meg Morris, Isa co-founded ParkandDance, a research-backed dance program designed for the broader Parkinson's community. Isa's story is one of resilience, courage, and a deep commitment to making a positive contribution. We are honoured to have Isa and her husband Alan as A Walk in the Park Ambassadors for 2025.

Geoff Constable

Since being diagnosed with Parkinson's in his early 50s, Geoff has become a formidable advocate within the Parkinson's community. Geoff has actively contributed to raising awareness and support, attending three World Parkinson's Congress (WPC) events, and proudly serving as the Australian WPC Ambassador in 2023. Geoff has also participated in three Moomba Birdman Rallies to attract media attention for the cause and shared his personal journey as part of the Fight Parkinson's Lift the Lid campaign, among numerous other efforts. With a deep commitment to reducing the stigma associated with Parkinson's, Geoff joins us as a 2025 A Walk in the Park Ambassador.

Sean Anderson

Sean was diagnosed with Parkinson's at 43 after noticing tremors while riding his mountain bike. Over the years, Parkinson's has presented him with challenges, but it doesn't define him. Sean wants to shed light on the lesser-known symptoms of Parkinson's, including anxiety, pain and cognitive changes. As an A Walk in the Park Ambassador for 2025 he wants to support the community, including friends with loved ones living with Parkinson's.

Jeannette Branch

Jeannette has been living with Parkinson's for 18 years. Despite experiencing many symptoms and setbacks, she hasn't let Parkinson's dampen her energetic spirit. Jeannette is a devoted mum, Nan, wife and friend. Living in Echuca, she is an active member of her community and is involved in her local Parkinson's peer support group. Once again, her team are making the trip from Echuca for A Walk in the Park Melbourne and this year, we're thrilled to welcome Jeannette as a 2025 ambassador.

Kylie Christian

Kylie was diagnosed with Parkinson's in 2021 at the age of 45. Refusing to let Parkinson's define her future, she has actively campaigned to be selected for the Paralympics, organised Parkinson's fundraising events and embraced her role as an advocate for both para dressage and individuals living with Parkinson's. This year, she adds A Walk in the Park Ambassador 2025 to her list of accolades.

Georgy McIntyre and Annie Hicks

Sisters Georgy and Annie are dedicated to raising awareness for Parkinson's on behalf of their family. Their father, Andrew, was diagnosed with Parkinson's in 2018 and their great-aunt with Progressive Supranuclear Palsy (PSP). Both Georgy and Annie are grateful for the strong sense of community A Walk in the Park creates. The connections they've made through past walks have been invaluable, leading their family to participate in BBQs, bowls days and trivia nights. Beyond the walk, they regularly attend a dance class with their father, who takes part in a variety of support groups and activities. For the Hicks family, A Walk in the Park is more than just an event, it's a source of connection and support. Georgy has proudly served as an ambassador since 2023 and this year, Annie is honoured to join her as an ambassador for 2025.

Tom Jambrich

Tom was diagnosed with Parkinson's in 2019 at the age of 55 while he was a serving member of the Australian Federal Police. Since his diagnosis Tom has become an active member of the Parkinson's community, participating in A Walk in the Park, supporting the Eltham Parkinson's Peer Support Group and sharing his story as part of our Recently Diagnosed seminars. This year, Tom joins us as an A Walk in the Park Ambassador, providing a realistic and positive message about living well with Parkinson's.

Sharon with her dad in his King's Chair.

Putting the 'fun' in fundraising

For Sharon, Parkinson's has been a part of life for nearly two decades. Her father was diagnosed in 2005, and since then, she has been actively involved in supporting those living with Parkinson's, participating in walks and fundraising events to raise money and awareness.

Sharon's latest initiative, a trivia night fundraiser, was a phenomenal success, exceeding expectations and bringing together a community eager to fight Parkinson's.

A personal connection to Parkinson's

Sharon's journey with Parkinson's awareness began shortly after her father's diagnosis. While familiar with the disease through Michael J. Fox's advocacy, she wanted to learn more. This led her to Fight Parkinson's, where she discovered various initiatives supporting individuals and families affected by the condition.

"When Dad was diagnosed, I started researching as much as I could," Sharon said. "That's how I found out about Fight Parkinson's and the walks they organise. It felt right to support an organisation that was local to us and providing valuable assistance."

The birth of a fundraising idea

Sharon's trivia night fundraiser stemmed from her love of trivia and a desire to bring people together. During COVID-19 lockdowns, she and friends participated in virtual trivia nights, sparking the idea to host an in-person event to support a cause close to her heart.

"We have a big outdoor entertaining area and after lockdown, I thought, why not host a fun event and turn it into a fundraiser?" she recalled. "I wanted to do something enjoyable while also supporting Fight Parkinson's."

Organising the event

Sharon meticulously planned the trivia night to ensure a smooth experience. To raise funds, she set up tables with an entry fee of $30 per person. Additional fundraising activities on the night such as "Toss the Coin" added excitement and fun to the event.

"We had an incredible mix of extravagant prizes and smaller fun items, all donated by generous people," Sharon explained. "The games added an extra layer of fun and people were happy to contribute."

Despite initial concerns about attendance, the event quickly gained momentum. "At first, I was nervous about getting enough people to book tables," she admitted. "But as the event approached, we were fully booked with some people even requesting additional tables."

A night to remember

The event exceeded all expectations in turnout and funds raised. Attendees enjoyed a lively evening of trivia and camaraderie while supporting an important cause. Sharon's father, the inspiration behind the event, was in attendance and received overwhelming support.

"My dad doesn't move as much anymore, but he sat in what we called his King's Chair and had an absolute ball," Sharon shared. "The event was for him, but it wasn't about him, and that's what made it so special."

Sharon also used the opportunity to educate attendees about Parkinson's, sharing stories beyond her father's journey. "Most people know about Michael J. Fox and Muhammad Ali but there are so many others," she said. "It was eye-opening for many guests to realise how widespread this disease is."

The impact

Beyond raising awareness, the fundraising results were impressive. Sharon initially hoped to raise $1,000 but by the end of the night, they had collected over $6,000.

"We completely exceeded our expectations," she said. "It reaffirmed how generous people can be when given the chance to support a cause."

The event also strengthened the community, introducing new supporters to a deeper understanding of Parkinson's. "We had tables of guests we didn't even know personally. At first, opening our home to strangers was daunting but by the end of the night, it was wonderful to meet new people and have a fun night."

Now, with one successful fundraiser behind her, Sharon is already thinking about the next one. "If we do this again next year, I want to go bigger and raise even more money," she said. "The goal is to continue building awareness and support."

> *"Even if people don't have a direct connection to Parkinson's, events like this bring them into the conversation. It's about making people aware of the challenges faced by those living with Parkinson's and their families."*

A message of hope and gratitude

For Sharon, the night was about more than just raising money. It reinforced the importance of community and togetherness. She acknowledged the struggles her mother faces as a carer and the overwhelming reality of the condition. However, through events like these, she hopes to bring joy, hope and support to those affected.

"Sometimes, we get so caught up in our daily lives that we forget the power of coming together for a good cause," she said. "This night reminded me just how much of an impact we can make when we support each other."

As she looks toward the future, one thing is certain: Sharon's commitment to fight Parkinson's and support her father remains stronger than ever.

Why bone health matters

While Parkinson's impact on motor function is well known, a lesser-known impact is the increased risk of fractures.

Fight Parkinson's recently collaborated on a systematic review, revealing significant gaps in clinical practice guidelines for managing bone health in people with Parkinson's.

Parkinson's is characterised by tremors, rigidity and postural instability, all of which contribute to an increased risk of falling. Compounding this risk, Parkinson's increases the risk of developing Osteoporosis, which weakens bones.

Several studies have identified an increased risk of fractures, particularly hip fractures, in people with Parkinson's.

The increased risk of Osteoporosis and fractures in Parkinson's is linked to reduced mobility, nutritional deficiencies and medication side effects. Some antidepressants and antipsychotics commonly prescribed for Parkinson's have also been associated with an increased risk of fracture.

The consequences of fractures can be severe for people with Parkinson's. Those who experience fractures face greater difficulty regaining mobility compared to individuals without Parkinson's. Despite these risks, osteoporosis screening and management are often overlooked in Parkinson's treatment plans.

Researcher Mícheál Ó Breasail, PhD, provides further insights into the review titled: Management of Osteoporosis in Parkinson's Disease: A Systematic Review of Clinical Practice Guidelines, published in Movement Disorders Clinical Practice in Dec 2024.

"There is strong evidence that people with Parkinson's are more likely to break their bones and are more likely to have weakened and brittle bones. But despite this, there is limited advice on recognising and managing osteoporosis in Parkinson's," explains Mícheál. "We wanted to review the existing literature internationally to see what advice and guidance is available."

When discussing the motivation for the systematic review, Mícheál emphasises the importance of such investigations.

"Research like this is crucial as clinical trials are very expensive to run. It is essential to show that we have done our background research and identified key knowledge gaps when seeking support for clinical trials. The findings help build a strong case for the need to intervene to improve bone health in Parkinson's."

"It's part of our efforts to raise awareness about osteoporosis, secure funding and conduct further interventional studies. Ideally, we want to bring together experts, along with community, to develop guidelines that offer clear, evidence-based advice."

After reviewing medical guidelines from around the world, Mícheál and his team found only six suitable for inclusion in the review. These six guidelines recognised bone health as a concern for people with Parkinson's; however, recommendations for managing osteoporosis in this population were inconsistent.

"In some guidelines, people with Parkinson's are acknowledged as a specific risk group. But in many cases, the reference is fleeting, grouping them with other high-risk populations such as people with multiple sclerosis or HIV. There is no Parkinson's-specific guidance," Mícheál highlights. "[In Australia] We've got excellent osteoporosis guidelines and really good Parkinson's guidelines, but there is no overlap between the two."

Only one of the reviewed guidelines addressed how well people with Parkinson's tolerate osteoporosis medications. This means healthcare providers have little direction on how to properly prescribe potentially beneficial treatments to patients with Parkinson's.

By highlighting these gaps in current guidelines, Mícheál hopes to conduct further research to help healthcare professionals better protect people with Parkinson's from osteoporosis related complications, enhancing their mobility, independence and overall well-being.

Key recommendations for improving guidelines

The review suggests four key areas for improvement:

- Regular screening for osteoporosis should become a standard part of Parkinson's care.
- Clear guidelines for when and how to treat bone health issues in people with Parkinson's.
- Lifestyle recommendations for exercise and nutrition tailored specifically for people with Parkinson's.
- Better resources for healthcare providers to help them manage bone health as part of Parkinson's care.

Steps you can take

If you have Parkinson's, this review highlights the importance of discussing bone health with your healthcare team.

"If people know that they're at greater risk of fractures, they might be more inclined to have a discussion with their GP or neurologist. That could then trigger further conversations and better management. Even if they don't feel at risk now, it's about starting the conversation." Mícheál explains.

Key topics to discuss with your healthcare team include:

- Discuss with your GP about getting a bone density scan.
- Understand your individual risk for osteoporosis and fractures.
- Discuss steps to strengthen your bones with your GP.
- Consult a physiotherapist about exercises that support bone strength without increasing fall risk.

More information on bone health can be found on the Healthy Bones Australia website: healthybonesaustralia.org.au.

Protecting bone health early can help prevent serious complications later.

While this review shows that current guidelines need improvement, being aware of the risks allows you and your healthcare team to take proactive steps to protect your bones to maintain your quality of life. If you would like more information, the Fight Parkinson's Health Team is available to support you and connect you with appropriate services. Contact us on (03) 8809 0400 to learn more.

Personal Story

Defying Parkinson's through the power of equestrian sport

Kylie Christian's passion for horse riding began at just eight years old and was the start of a lifelong love affair with the sport. However, the trajectory of her equestrian career took an unexpected turn decades later when she was diagnosed with Young Onset Parkinson's at the age of 45.

Kylie refused to let Parkinson's define her future. Instead, she has become a shining example of resilience, determination and excellence in para dressage (the equestrian sport of dressage for athletes with impairments), inspiring many along the way.

A life-altering diagnosis

In 2018, Kylie began experiencing unusual symptoms that started to affect her ability to perform daily task and, very important to her, horse ride. When she first noticed these changes, she saw a doctor who ran a series of inconclusive tests. Putting it to the back of her mind, Kylie carried on life as normal, attributing these symptoms to complications from past injuries or simply being fatigued or hungry.

"Because Parkinson's is progressive, you don't really notice until there are a whole lot of symptoms there... you just sort of make excuses and it gradually builds up and you learn to live with that," Kylie explains.

This, along with her misconceptions about Parkinson's and the fear of a diagnosis, contributed to her delay in seeking specialised medical help.

"I was searching online, and it just kept coming up with the same results, and I was like, 'But how can I have that?'" she explains. "Maybe because I was female as well, I just always thought it was a man's disease. And I don't even know if I truly believed that, it was more that I didn't want it to be true."

As her symptoms progressed, she started to have trouble saddling her horses, balance issues, a pronounced limp and difficulty coordinating movements between her arms and legs - an important part of communicating with the horse when riding. In the saddle, she struggled to hold a dressage whip and keep her left foot in the stirrup. It wasn't until 2021, when her riding instructor voiced concerns, that Kylie decided to return to the doctor and see a neurologist.

"My riding instructor was watching me as I was putting a bridle on," she recalls. "I couldn't do the buckles, and she said, 'Kylie, I need you to see a doctor. You have something wrong with you and I think it's neurological.' She rang me every day until I made an appointment, so I did and that's how it started."

Doctors eventually confirmed what she feared: Young Onset Parkinson's. Although the diagnosis was difficult to hear, it was also a relief. "To be honest, it was a bit of a weight off my chest in a strange way," Kylie explains.

Finding a new path in para dressage

Determined to keep riding and inspired by a young para rider she knew, Kylie transitioned into para dressage, a discipline designed for athletes with physical impairments.

> *"I was in the hospital and looked at the neurologist and I just said, 'I'm going to ride para'".*

Kylie wasted no time proving her abilities in para dressage. In October 2022, just a year after her diagnosis, she and her horse Oscar won the Australian Para Dressage Championship, achieving personal best scores. Her success earned her a place on the Victorian state team, which went on to claim victory in the national competition.

As her competitive career soared, so did her aspirations. In a testament to her talent and dedication, she was longlisted by Paralympics Australia for the Paris 2024 Games, something she had always dreamed of. "You know, every little girl that rides horses has a dream to go to the Olympics," she says. "When I was a little girl, I embroidered 'Someday I will ride in the Olympics' on my saddle pad, and yeah, my dream's now my goal."

Overcoming the challenges of Parkinson's

Living with Parkinson's presents daily challenges, particularly in a sport that demands precision, balance and control. Kylie has had to make significant adaptations to continue riding at an elite level. Muscle rigidity, slowness and weakness on her left side make certain movements difficult, but she has found ways to work around these obstacles.

To prevent her left foot from slipping out of the stirrup due to curling, she uses bands to keep it securely in place. Additionally, she rides with a double bridle to help with collecting and maintaining rein length, as her motor skills and finger coordination have been affected by the disease.

Unfortunately, towards the end of 2024 Kylie's symptoms had progressed to the point where she could no longer ride. This, along with other factors, prompted her to explore alternative treatment options. In December, she made the life-changing decision to undergo Deep Brain Stimulation surgery, a choice she says has transformed her life and deepened her appreciation for riding. "I just want to do it so badly now because I love it, not just for the end goal. Before the surgery, I seriously thought I would never ride again...it's changed my life," says Kylie.

Kylie's rekindled love for riding and deep connection with her new 'heart-horse,' Ivan, has strengthened her commitment to pursuing excellence. She is channelling every ounce of her passion and dedication into their training and success. Now more determined than ever, Kylie has set her sights on qualifying for the 2026 World Equestrian Games in Aachen, Germany, and is even considering a run at the Los Angeles Olympics in 2028.

Advocating for Parkinson's awareness and para dressage

Beyond her competitive achievements, Kylie has embraced a role as an advocate for both para dressage and individuals living with Parkinson's. She actively mentors new riders entering the sport and frequently speaks at public events, corporate engagements and fundraising initiatives. Kyle also joins us as an A Walk in the Park Ambassador for 2025.

Her mission is clear: to raise awareness about Parkinson's and show others that, despite the challenges, it is possible to continue pursuing dreams. Kylie's journey proves that a diagnosis does not have to mean the end of a passion, it can be the start of a new and equally rewarding chapter.

Kylie Christian and new 'heart-horse' Ivan

Support for You

Online Singing – Living well with Parkinson's

Every fortnight, members of the Parkinson's community come together for Fight Parkinson's Online Singing sessions. These free sessions provide a safe, inclusive and joyful way to connect with others living with Parkinson's while experiencing the many benefits of singing.

Born out of the Covid lockdowns, these sessions are based on Fight Parkinson's evidence-based ParkinSong program and are overseen by our Health Team Speech Pathologist. A viability study confirmed their safety and benefits for people living with Parkinson's.

So, what makes singing so beneficial for people with Parkinson's? It's not just fun and engaging, it's great exercise for your vocal cords, helping to improve speech clarity, volume and intonation. It also strengthens your breathing muscles, enhancing breath control and support. Singing engages the same muscles used for swallowing, so regular singing over time may help reduce the risk of swallowing difficulties. Plus, learning new lyrics and melodies is a fantastic workout for your brain, boosting memory and cognitive function.

And the beauty of singing online? You can sing as loudly as you like because the only person who will hear you is you! You can also join from the comfort of your home, no matter where you live—we've had participants from as far as Japan and Patagonia!

Meet Nicole and Jenny

Online Singing sessions are led by our wonderful musical facilitators, Nicole Andersen, a qualified Music Therapist and the talented Jenny Stevenson.


Nicole Andersen

> *"Singing has incredible benefits for people with Parkinson's—it strengthens the voice, improves breath control, and brings joy and connection".*

Nicole has always been a singer; in fact, she is a multi-instrumentalist. She also has a personal connection and interest in neurological disorders. She helps facilitates online singing sessions and in-person ParkinSong sessions. This is what she has to say:

"I've always been passionate about music and fascinated by its health benefits. Singing has incredible benefits for people with Parkinson's—it strengthens the voice, improves breath control, and brings joy and connection. Fight Parkinson's online singing sessions offer a place where everyone can participate in a way that feels comfortable for them. You can join from anywhere and if you are shy about singing no one can hear you. There is no pressure, the session is a wonderful chance to just enjoy the benefits of singing.

I love bringing playfulness and movement into each session because singing should be fun! For those that are comfortable to leave their camera on, seeing them smile, laugh and gain confidence in their voices is truly rewarding. One of the most powerful moments I've witnessed was during an in person ParkinSong session when a participant who struggled to speak found their voice through song—it was incredible. Singing has the ability to uplift and empower and I hope everyone who joins feels the joy and freedom that singing can bring."


Jenny Stevenson

> *"I've always been inspired by the power of singing to bond people and create joy. Remember the last time your footy team won, or singing on New Years Eve?"*

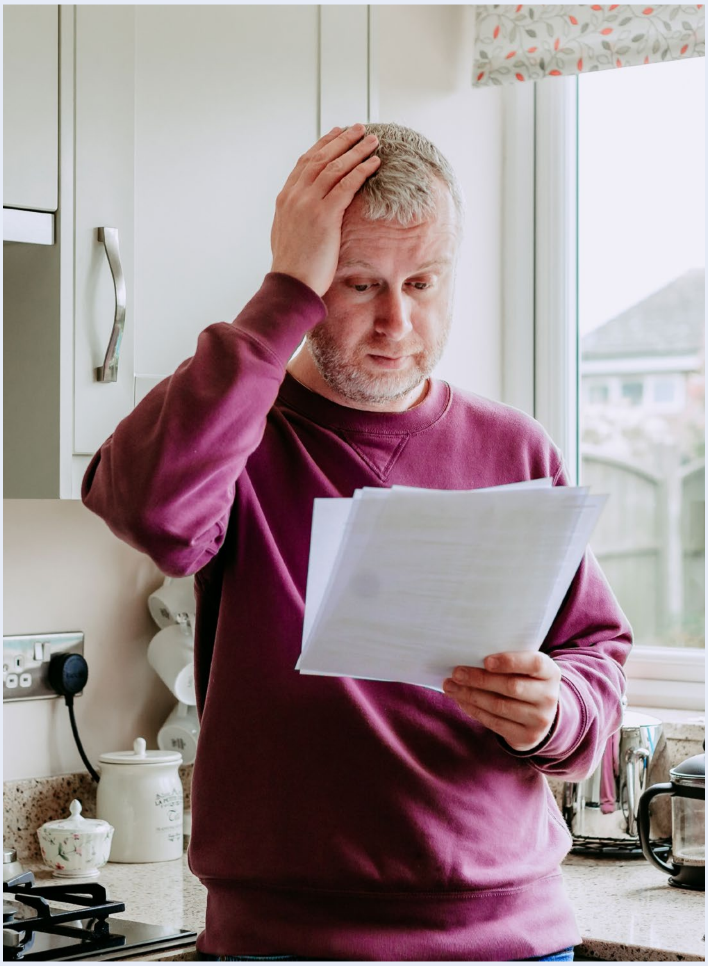
Jenny is also a fantastic support during these sessions and has this to say:

"I've always been inspired by the power of singing to bond people and create joy. Remember the last time your footy team won, or singing on New Years Eve, at birthdays parties or weddings, during our online sessions or even at more formal occasions such as choir concerts or church services? People constantly tell me 'I'm not a singer' to which I respond, if you can talk you can sing! Having worked in Music Education across the age spectrum from babies to adults, I love our Friday morning singalongs and hope you feel the benefits of more controlled breathing, improved voice projection and wellbeing from just having fun"

Sessions are free to attend, but registration is required so we can send you the link to join. They take place via Zoom on selected Fridays from 11:00 am to midday.

Interested in finding out more or giving it a try?
Visit fightparkinsons.org.au/events.

Nicole and Jenny hope to see you at the next session!



Energy bill concession

As the summer heat fades, you may be left with high electricity bills. If you're an eligible concession card holder, you could save money through the Annual Electricity Concession.

If you hold a Pensioner Concession Card, Health Care Card or Veterans' Affairs Gold Card, you can receive a 17.5% discount on your electricity usage and service costs. This concession applies year-round and can provide significant savings on your energy bills, helping to ease financial pressure and make energy costs more manageable.

The good news is that if you haven't applied yet, you can backdate your concession for up to 12 months (or from your concession card start date if that is more recent). This means you can still claim a discount on past bills. So, even if you've already paid your bills, you may be eligible for a refund or credit on your account ensuring you don't miss out on savings.

It's not too late to get the support you're entitled to. To claim the concession, simply contact your electricity retailer and provide your concession card details. Your retailer will verify the information with Centrelink and apply the discount to your account. You can apply over the phone or check your retailer's website for easy online options.

It's important to note that the concession does not apply to the first $171.60 of your annual electricity bill. This amount is calculated as a daily rate and deducted across each bill throughout the year.

If you switch electricity providers, remember to reapply for the concession to continue receiving your discount.

For more information or if you need assistance, call the Concessions Information Line on 1800 658 521.

Cut out this useful card and keep it with you…

Some people may not understand what Parkinson's is. This card provides an explanation that you are living with Parkinson's and may be experiencing symptoms.

By cutting it out and keeping it in your purse or wallet, you can provide essential information to others that you are living with Parkinson's and may need their patience or assistance.

I have Parkinson's

Please be patient and give me time to move or communicate. I may:

- be slow, unstable or unable to move
- have a tremor or uncontrolled movement
- speak quietly or slur my words

Stressful situations can worsen my symptoms

About Fight Parkinson's

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Community Callout

Be a positive voice

Fight Parkinson's online Positive Life Sessions offer practical tips and valuable insights from our health team and community members. Previous sessions have covered topics such as telehealth, medication management, emotional well-being, sleep, sex and staying active.

We're looking for community members who want to be a positive voice, and share their insights into living with Parkinson's, as a panelist in our Positive Life Series.

If you would like to join the discussion, sharing your successes and tips for managing challenges with the community, and inspiring others to live positively and confidently with Parkinson's, we want to hear from you.

Email us at marketing@fightparkinsons.org.au

Cut out card

See reverse for details.

My name is: ____________________

Fight Parkinson's
Together we can

With my consent or in an emergency, please call:

Name: ____________________
Phone: ____________________
Relationship: ____________________