

You are not alone (support services)

A range of services and service providers are available to support people living with Parkinson's, their carers and families.

MOVEMENT DISORDER PROGRAMS (MDPs)

Movement Disorder Programs (MDP's) are services or facilities which specialise in the treatment of Parkinson's and related conditions.

MDP's promote independence and optimal quality of life, and the services provided are delivered by a comprehensive team of multi-disciplinary professionals.

The programs are designed to teach individuals strategies to help overcome some of the physical challenges that Parkinson's may present. They also offer the opportunity for a comprehensive review of symptoms.

CONTACT

The following facilities offer a Movement Disorder Program:

- **Kingston Centre** (Cheltenham): (03) 9265 1411
- **Wantirna Health** (Wantirna): (03) 9955 1229
- **Rosebud Rehabilitation Unit** (Rosebud): (03) 5981 2166
- **Elsternwick Private** (Elsternwick): (03) 9528 6855
- **St John of God, Nepean Rehabilitation** (Frankston) (03) 9788 3320

COMMUNITY HEALTH CENTRES

Your local Community Health Centre provides access to a range of health professionals who provide their services at minimal cost.

These include: physiotherapists, occupational therapists, dieticians, podiatrists, speech pathologists, social workers and counsellors, as well as other allied health professionals who can play a useful role in helping you and your family to manage your Parkinson's more effectively. (Waiting lists sometimes apply.)

CONTACT: To locate your nearest Community Health Centre contact Parkinson's Victoria.

HOME & COMMUNITY CARE (HACC) SERVICES

Home and Community Care (HACC) Services are available through every local council throughout Victoria. Services provided include: home/personal care, Meals-on-Wheels, social support and respite services.

CONTACT: Your local Council for further information.



You are not alone (support services) *continued*

AGED CARE ASSESSMENT SERVICES (ACAS)

ACAS provides assessment and consultative services to older people, younger people with disabilities and their carers who are finding it difficult to manage at home, who may need more assistance than that provided by HACC.

ACAS consists of health professionals who can provide a thorough assessment of care needs and offer advice on future options. They can also assist in finding appropriate community or residential care.

CONTACT: For details of your nearest ACAS contact Parkinson's Victoria.

COMMUNITY AGED CARE PACKAGES (CAPs)

Community Aged Care Packages (CAPs) are available for people who would otherwise require low level care, such as Hostel care.

A package may provide up to four hours of care per week (such as meal preparation, personal care, and gardening) and would replace any services that have been previously provided by the HACC program (see above).

CONTACT: Your local ACAS service (1800 500 853).

LINKAGES / COMMUNITY OPTIONS

These packages are available statewide through the Department of Human Services (DHS), Disability Services. The Department tailors packages for people with complex care needs, which can “top up” services already available through HACC Services.

CONTACT: The DHS in your region for an assessment (1800 783 783) or Parkinson's Victoria.

EXTENDED AGED CARE AT HOME (EACH)

EACH packages are available to people with complex care needs who would otherwise require high level care (such as nursing home placement). An EACH package may provide up to 18 hours of care per week, replacing any services that have previously been provided by the HACC program.

CONTACT: Your local ACAS service (1800 500 853).

For current and comprehensive information about relevant concessions, pensions and information including for self-funded retirees, log onto: www.parkinsonsvic.org.au and click on the “Help Finder”.