

Allied Health Professionals

This sheet aims to help you understand the role of allied health professionals in assisting you to best manage Parkinson's.

Allied health professionals can provide support, advice, treatments and therapies to keep you active, safe and independent with daily living. In most cases your neurologist or GP will recommend an allied health professional or a multidisciplinary program appropriate to your needs. Otherwise, follow the links in the table below to do your own research.

Table 1. The role of Allied Health Professionals in Parkinson's rehabilitation

Allied Health Professional	Links
<p>Physiotherapists can advise on movement strategies and exercises to help make tasks easier</p>	<p><i><u>Australian Physiotherapy Association</u> (ph) 9092 0866 <u>Nero-Solutions</u> <u>UK Parkinson's Disease Society – Physiotherapy</u> <u>EPNN Journal - How Physio can help at all stages</u></i></p>
<p>Occupational Therapists (OTs) can provide practical advice and equipment to make every-day tasks safer and easier. This may include movement strategies, <u>physical aids</u> and <u>home modifications</u></p>	<p><i><u>OT Australia</u> <u>UK Parkinson's Disease Society – Occupational Therapy</u> <u>EPNN Journal – How occupational therapy helps in Parkinson's Disease</u></i></p>
<p>Nurses can provide a range of care and advice services</p>	<p><i><u>Parkinson's Victoria's nurse consultant</u> <u>Continence nurses</u> <u>Community nursing</u> <u>Nurse-on-call</u> (ph) 1300 60 60 24</i></p>

Allied Health Professionals Continued

Allied Health Professional	Links
<p>Speech Pathologists can advise you on communication, such as ways to make your voice louder and clearer, and swallowing difficulties</p>	<p><u>Speech Pathology Australia</u> <u>UK Parkinson's Disease Society – Speech and Language Therapy</u> <u>Lee Silverman Voice Treatment</u></p>
<p>Neuropsychologists can suggest strategies to overcome problems Parkinson's causes with your thinking, memory, problem-solving and behavior</p>	<p><u>Australian Psychological Society - Neuropsychologists</u></p>
<p>Pharmacists advise on prescribed <u>medications</u> and strategies to make sure you take them correctly. They also provide a home medication review</p>	<p><u>Home Medication Review</u> <u>UK Parkinson's Disease Society - Home Medication Review</u></p>
<p>Dietitians can advise on diets optimal for Parkinson's issues, including medication, constipation, chewing and swallowing difficulties</p>	<p><u>Dietitians Association of Australia</u> — choose 'Nursing Home Consulting' or 'Aged Care' under 'Area of Practice' <u>UK Parkinson's Disease Society – Dietitians</u> <u>UK Parkinson's Disease Society – Constipation</u> <u>European Parkinson's Disease Association - Patient Guide to Healthy Eating</u></p>

Allied Health Professionals Continued

Allied Health Professional	Links
<p>Social Workers can help you find practical and emotional support and connect you to a range of key social, community and government services. Some social workers may also provide counselling and case management.</p>	<p><i>Social workers are often available in <u>hospitals</u>, <u>community health settings</u>, <u>department of human services disability offices</u> and a range of <u>community service organisations</u>. Search for your nearest social work service online or call Parkinson's Victoria's helpline on 1800 644 189.</i></p>
<p>Psychologists can help you find ways of coping with stress and life problems.</p>	<p><i><u>Australian Psychological Society – Community Information</u></i></p>
<p>Case Managers can act as a central contact point, if you have several services helping you manage complex problems. Case managers also act as an advocate for you to make sure all your needs are met.</p>	<p><i>Case managers may be nurses, GPs, social workers, psychologists or occupational therapists. You may apply for case management through <u>disability services</u>, <u>mental health services</u> or <u>aged care services</u>.</i></p>

In general, you can access allied health professionals in:

- Hospitals
- Movement disorder clinics
- Private practices
- Community health centres.

Find more information on these options in our [accessing multidisciplinary treatment](#) section.