



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

Parkinson's Victoria

Parkinson's Victoria is a state-wide specialist information and support service. The organisation also funds research into the condition and is committed to improving community awareness and understanding.

Phone: (03) 9551 1122

Free call: 1800 644 189 (regional Victorians).

Email: info@parkinsons-vic.org.au;

www.parkinsonsvic.org.au.

20 Kingston Road, Cheltenham, Victoria 3192
(enter off Warrigal Road).

Parkinson's Support Groups

Support Groups are informal gatherings of people who share similar situations, experiences and problems and who can offer one another emotional and/or practical support.

Currently, Parkinson's Support Groups operate in:

Melton

Werribee

Essendon

Epping

Eltham

For contact details contact Parkinson's Victoria.

Local Parkinson's Education Programs

Parkinson's Education programs normally run at various times a year through your local community health program and focus on education and support for living with Parkinson's. Current programs operate at:

Royal Melbourne Hospital—ph: (03) 8387 2333

A Parkinson's Clinical Consultant operates out of Sunshine Hospital to give advice and support to people with Parkinsons. Phone Joanne Bolton on ph: (03) 8345 1283.

Movement Disorder Programs (MDP)

MDP's are services/facilities which specialise in the treatment of Parkinson's and related conditions. MDP's offer inpatient and outpatient services to people living with Parkinson's. The programs are designed to teach individuals strategies to help overcome movement difficulties and to review complex medical regimes.

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, (private)** Elsternwick
(03) 9528 6855
- **St John of God, Nepean Rehabilitation, (private)** Frankston (03) 9788 3320

Community Rehabilitation Centres (CRC)

If you are unable to get to a MDP, a community rehabilitation program can provide similar therapy services. Services operate from:

Richmond—Cambridge Centre,
(03) 9427 0743

Darebin CRC: (03) 9486 7413

Parkville CRC: (03) 8387 2175

St. Albans—Western Health, (03) 8345 1274

Williamstown CRC: (03) 9393 0198

Bundoora Extended Care: (03) 9495 3100

Broadmeadows CRC: (03) 8345 5831

Heidelberg CRC: (03) 9496 4374

Werribee Mercy CRC: (03) 9742 6711

Williamstown—Port Phillip CRC,
Ph: (03) 9690 9144

Community Health Centres

Your local Community Health Centre offers 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.

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

Victorian Aids and Equipment Program (VAEP)

The Victoria aids and equipment program provides assistance to eligible people to access subsidised aids, equipment and home modifications to enhance their safety and independence. A health professionals assessment is required to determine the most appropriate equipment.

VAEP issuing centres operate in:

Heidelberg— (03) 9496 4094

Parkville—(03) 8387 2251

Fitzroy—(03) 9288 3858

Epping— (03) 8405 8594

Sunshine— (03) 8345 1267

Williamstown— (03) 8345 1529

Aged Care Assessment Service (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.

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.

North Western Metropolitan region services are based in:

Bundoora— (03) 9495 3109

Heidelberg—(03) 9496 2489

St Georges (Kew) - (03) 9816 0566

North West (Parkville) - (03) 8387 2129

Sunshine—(03) 8345 1246

Or call 1800 500 853 for the aged care information line.

Home and Community Care Services (HACC)

Home and Community Care 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.

Community Aged Care Packages (CACPs) & Extended aged care packages (EACH)

Aged Care Packages are available for people to remain in their homes independently. A case manager will coordinate the allocation of services.

Contact your local ACAS service for an assessment (see above)

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. These are generally available for people who are under 65 years of age.

Contact the Northern (03 9412 2741) or Western (1300 360 462) DHS intake on for further information.

Independent Living Centre (ILC)

The Independent Living Centre assists people with disabilities to enhance their independence and quality of life by providing advice, assessment and information on daily living equipment.

The centre has a large range of equipment on display and items can be demonstrated by staff and tried by visitors to determine which equipment best suits their needs.

Advice on equipment is given in-store by qualified therapists.

While equipment is not sold by the centre, information about suppliers and other services is available.

Contact Yooralla: (03) 9362 6111 or www.yooralla.com.au/ilc.

Commonwealth Carelink Centres:

Each Commonwealth Respite and Carelink Centre has extensive regional networks and maintains a comprehensive database containing community aged care, disability and other support services. Shopfronts are operated by organisations that already provide established services within their

region. Phone **1800 052 222** to locate your nearest centre.

Shop fronts are located in:

Preston —4 Bruce St

Footscray—Level 1/37 Albert Street

Carers Victoria

Carers Victoria works in active partnership with carers, people with care/support needs, service providers, government and the community to achieve quality of life for carers.

Carers Victoria provides many services, including: information, support and referral, free carer support kits, a library and carer support programs.

Phone: (03) 9650 9966

Free call: 1800 242 636

Work, Superannuation and insurance and Legal issues support line

Maurice Blackburn provide legal advice for people living with a chronic illness. Contact their helpline for advice on **1800 196 050**