

LIVING WITH PARKINSON'S PROGRAM 2010

Lyndoch Community Rehabilitation Centre

- Day & Time:** 10.30 am – 12.00 every Thursday
- Venue:** Occupational Therapy Treatment Room
- Key Person** Rhonda Carlin (Social Worker) - Ph: 5561 9394
- AIMS:**
- To provide regular individual & group Physiotherapy.
 - To provide an opportunity for social interaction.
 - To provide regular sessions with the Nurse, Social Worker, Occupational Therapist and Speech Pathologist.
 - To provide education to clients with Parkinson's Disease on a wide range of relevant topics and health related issues.

OUTLINE

All group participants will arrive at 10.30am in the physiotherapy treatment room and commence the planned session for that morning. Every week, each group member will be involved in one or more of the following; individual and group physiotherapy, education sessions, music therapy, occupational therapy reviews, memory/cognition program or fun activities and socialisation.

If additional therapy is required (eg physiotherapy) some group members may have extra sessions scheduled on another day. We will also be offering regular appointments and reviews by various staff (eg nurse) to ensure your needs are identified and supported. During each session group members are encouraged to ask staff for any particular needs they may have with medications, comfort, drinks and so on.

This year we are welcoming back Gary Price (music therapist) to assist us in making your own music CD to take home and practice relaxation and/or exercises to. We will also provide more education sessions focusing on relaxation strategies to maximise your own ability to deal with stressful situations.

Again, we will invite guest speakers back to talk about diet, medications and podiatry needs. Two sessions will also be provided covering the topic of advanced care planning which focuses on planning future medical decisions.

Victor McConvey (Parkinson's Victoria Nurse) will be coming back and offering a session mid year to talk about Parkinson's issues and answer any questions you have. We will also be strengthening our relationship with the Warrnambool Parkinson Support Group and look forward to meetings with Andrew Suggett (co-ordinator) and more involvement with the support group this year.

We are also offering a 4 week block session for carers of group members to attend sessions covering caring responsibilities, Parkinson's education, support services and future care planning. A letter of invitation will be sent out closer to the sessions outlining specific details.

We hope you enjoy the 2010 program and continue to provide valuable suggestions and feedback so we can keep on providing a quality Living with Parkinson's Group program.

LIVING WITH
PARKINSON'S DISEASE
PROGRAM

Lyndoch Community Rehabilitation Centre

2010

PHYSIOTHERAPY CIRCUIT

Individual & group physio
sessions
(45 minute sessions)

&

EDUCATION SESSIONS

Parkinson's Vic updates
relaxation sessions
advanced care plans
personal identification alerts
Parkinson's hospital kits
(45 minute sessions)

4th February – 8th April

EDUCATION

Depression and Parkinson's

15th April – 22nd April

* Parkinson's awareness week

SOCIALISATION

Laughter therapy with
Carolyn Moore

29th April

SPEECH/SWALLOWING SKILLS

Speech Pathologist sessions

13th May – 27th May

EDUCATION

Victor McConvey
(Parkinson's Victoria Nurse)

Tuesday 1st June

MUSIC THERAPY

Gary Price music therapist

3rd June – 8th July

CARERS GROUP

For Carers of Parkinson's
Group members education
sessions

&

TAI CHI / RELAXATION

Brendan Dowd Tai Chi
Instructor & relaxation with
Occupational therapist/allied
Health Assistant

15th July – 5th August

PHYSIOTHERAPY CIRCUIT

Individual & group physio

&

EDUCATION SESSIONS

Presentations by;
Nurse
Social Worker
Occupational Therapist
Physiotherapist
Speech Pathologist
Dietician
Pharmacist
Podiatrist

12th August – 30th September

BRAIN ACTIVITIES/MEMORY

Occupational Therapist &
Speech Pathologist

7th - 28th October

MUSIC THERAPY

Gary Price Music therapist

4th – 25th November

SOCIALISATION

Laughter therapy with
Carolyn Moore
&
Surveys 2010

2nd - 9th December

XMAS LUNCHEON 16th December 2010 – to be confirmed