



## Southern Metropolitan Region **SUPPORT SERVICES**

**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](mailto:info@parkinsons-vic.org.au);

[www.parkinsonsvic.org.au](http://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:

- Bentleigh Bayside
- Cheltenham
- Frankston
- Cranbourne
- Rosebud

**For contact details contact Parkinson's Victoria**

### **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) 9519 9700
- **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.

**Caulfield CRC**— ph: (03) 9276 6207

**Clayton CRC**—ph: (03) 9594 7630

**Dandenong CRC**— ph: (03) 9554 8270

**Parkdale CRC**— ph: (03) 8587 0170

**Cranbourne**— Casey CRC, ph: (03) 5990 6789

**Pakenham** – Cardinia CRC, ph:(03) 5941 0500

**Springvale CRC**— ph: (03) 8558 9148

**Frankston CRC** - ph: (03) 9783 7288

**Rosebud CRC**—ph: (03) 5986 3344

### **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 more effectively.

**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:**

**Caulfield**—ph: (03) 9076 6316

**Dandenong**—ph:9554 8238

**Bentleigh East**—ph: 9928 8185

**Mt. Eliza**—ph: 9788 1261

### **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.

Southern Metropolitan region services are based in:

**Caulfield**—Southern, ph: 9276 6314

**Parkdale**—Kingston, ph: 8587 0104

**Mt. Eliza**—ph: 9788 1276

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 Southern Metropolitan DHS intake on 1300 131 079** 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](http://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:  
**Caulfield**—Caulfield Hospital, 260 Kooyong Road

### **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