

# Your invitation to become a Member

Our Members are the heart of Parkinson's Victoria. They add strength and volume to our voice as they join us in the fight to make a positive difference in the lives of people living with Parkinson's.

As a Member of Parkinson's Victoria, you will help create change in the minds and actions of government and the community, by contributing vital information about the issues people with Parkinson's face, feedback on current campaigns and planned initiatives for the future.

Members receive regular communication about news, information and the advocacy initiatives from Parkinson's Victoria, your representative in the community and public arenas.

## Member benefits include:

- A subscription to our quarterly newsletter, **Signpost**
- Free access to our Resource Library
- Discounts to our education seminars

Membership is open to everyone with an interest in creating change and improving the quality of life of those living with Parkinson's.

To become a member today, contact

### Parkinson's Victoria

or download a membership form from

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

*Parkinson's is one of the most common brain (neurological) conditions. It can affect adults of any age. Every day in Australia, 25 people are diagnosed with Parkinson's. While the age of onset is usually over 60, approximately 1 in 5 people diagnosed are of working age. It is estimated that approximately 80,000 Australians, and 6.3 million people worldwide are currently living with Parkinson's.*

## OUR VISION

A world without Parkinson's

## OUR MISSION

To enable people living with Parkinson's to access comprehensive and relevant services, encouraging independence and improved quality of life.

## HOW CAN YOU HELP?

There are a number of ways you can support the work of Parkinson's Victoria and help make a difference in the lives of those living with Parkinson's:

- Support our work with a donation
- Honour a loved one with an "In Memoriam" donation
  - Remember Parkinson's Victoria in your will
  - Ask us about corporate partnerships
- Request a Parkinson's Victoria Ambassador to speak at your next social or corporate function

## Contact Parkinson's Victoria to find out more

### Parkinson's Victoria

C/- Kingston Centre, Cnr Kingston & Warrigal Roads,  
Cheltenham VIC 3192

**Tel: (03) 9551 1122**

**Fax: (03) 9551 1310**

**Freecall: 1 800 644 189**

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

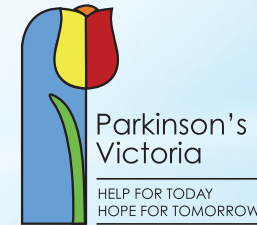
**[info@parkinsons-vic.org.au](mailto:info@parkinsons-vic.org.au)**

ABN: 68 038 728 034

Parkinson's Victoria is a not-for-profit organisation  
(donations of \$2 and over are tax-deductible).

The James Parkinson Tulip, named in 1981, honours  
Dr Parkinson who first diagnosed the condition in 1817.

The tulip has since been adopted as the symbol for  
Parkinson's organisations around the world.



# Support, Information & Education Services



# What is Parkinson's?

Parkinson's (disease) is a neurological condition that affects the brain's ability to control physical movement, such as walking, talking and writing.

## How does Parkinson's affect people?

Parkinson's affects different people in different ways and symptoms can vary.

## The main symptoms are:

### SHAKING OR TREMBLING (Tremor)

Approximately 70% of people with Parkinson's experience shaking or trembling in part of the body, such as the hand or leg.

### SLOWNESS OF MOVEMENT (Bradykinesia)

Starting a movement can become slow and fine movements, such as writing or doing up buttons, can become difficult.

### STIFFNESS OF MUSCLES (Rigidity)

Muscles may cramp or become stiff. This can make actions such as standing up from a chair or rolling over in bed difficult.

Medication can help ease the symptoms of Parkinson's, however symptoms will progress over time.

Other problems that can affect people with Parkinson's include poor balance, difficulty speaking and sleep disturbance.

Parkinson's is a *life-altering*, but not a life-threatening condition, and while there is currently no known cause or cure, research is taking place around the world to develop ways to better diagnose the condition, improve symptom management options and ultimately, find a cure.

With support, information and appropriate symptom management strategies, people with Parkinson's can enjoy long and productive lives after diagnosis.

# How can Parkinson's Victoria help?

Support and information can make a significant and positive difference in the lives of those living with Parkinson's, their families and carers.

Parkinson's Victoria provides a range of support services to assist in managing the condition and improving quality of life.

## We offer and provide the following to the community and health professionals:

### SERVICES

- Telephone counselling, advice and referral service, including a toll free phone number for regional Victorians.
- Specialist Parkinson's health professionals, who respond to individual, community and professional requests for information and assistance.
- Peer Support Groups located throughout Victoria.
- Onsite face-to-face family meetings with a member of our client services team (available on request).

### INFORMATION

- Kits and fact sheets on a range of topics, including recent diagnosis, symptom management and lifestyle.
- Online and print information in 10 community languages for people from CALD (culturally and linguistically diverse) communities.
- **Signpost**, a quarterly newsletter with updates, advice and information relevant to the Parkinson's community, as well as news on advocacy, events and personal stories.
- Resource library of relevant and respected local and international literature, DVDs and videos.
- Website which highlights information from a local perspective.

### PROFESSIONAL EDUCATION

- Professional development and education services to help improve the understanding and management of Parkinson's among health professionals across Victoria.

# How do we make a difference?

## We are also active in the areas of:

### COMMUNITY EDUCATION

- Materials to promote community awareness.
- Information seminars on a range of topics, including symptom management, resources, support services and government assistance. We also conduct seminars for those recently diagnosed and their families.

### ADVOCACY

- Parkinson's Victoria represents the needs and interests of people living with Parkinson's, their families and carers.
- The organisation and its members are represented on a national level through Parkinson's Australia.
- We continue to work towards increased funding for services, improved awareness and research.

### RESEARCH

- We actively support and advocate for research into Parkinson's.
- We partner with major Australian and international universities, research institutes and hospitals to support research into the cause and a cure for Parkinson's, and improved symptom management and medication therapy that will improve quality of life.

### COMMUNITY AWARENESS

We achieve this through media campaigns, fundraising events, strategic partnerships and community expos.

We highlight the impact of the condition and focus on quality of life issues and maintaining independence. We also celebrate the diversity and achievements of those living with Parkinson's.