

Where to go for help (Victoria)

This Help Sheet describes where people with Parkinson's disease and their families and carers can go to get help, support and information in Victoria.

Parkinson's disease is a condition that affects movement. It mainly affects people aged over 60 but can affect adults of any age. Parkinson's progresses slowly and may take many years before symptoms begin to cause major problems with daily life. When they do, many of these symptoms can be managed with treatment and support.

Where to go for Parkinson's information and support

Parkinson's Victoria has specialist health workers who can give support and information over the phone or in person. Information is available in many languages and a free interpreter service is available.

Parkinson's support groups run in most metropolitan and country areas. People with Parkinson's, as well as family members and carers, can get help from meeting and talking to others who are going through similar experiences.

Parkinson's Victoria can put you in touch with your local group.

Younger onset Parkinson's support group provides information and support for people diagnosed at a younger age. It can help to know other people with Parkinson's who are managing issues such as raising a family or going to work.

Contact Parkinson's Victoria for more information.

Parkinson's information sessions and education groups run from time to time across Melbourne and regional Victoria.

Parkinson's Victoria can provide details of upcoming sessions.

Where to go for help with daily living

Movement Disorder Clinics provide specialist programs and advice to teach people with Parkinson's ways of managing daily living. Parkinson's Victoria can tell you if a clinic operates in your area.

Independent Living Centre provides information and advice about aids and equipment that can help with daily activities, such as medication alarm boxes and easy-to-use cutlery.

Phone: 1300 885 886
www.ilcaustralia.org.au

Department of Human Services Disability Services provide information about community supports and services for people with a disability and their families in your local area.

Disability Intake & Response
Phone: 1800 783 783.

Disability on line is a website with information for people with a disability, including information in various languages.

Visit: www.disability.vic.gov.au

Centrelink provides financial support for people in need, including people with a disability and those seeking work.

Phone: Centrelink on 132 717.

Local organisations can also assist, including:

- Local Councils/Shires
- Community Health Centers
- Neighbourhood Houses
- Recreation and Leisure Services
- Migrant Resource Centres.

Where to go for help as care needs increase

There are many services that help people continue to live in their own home as they get older or their care needs increase.

Services include:

- Help with personal care, such as bathing, dressing and eating.
- Home delivered meals and other food services.
- Home help for assistance with housework, laundry and shopping.

These services may be provided through local councils, community health centres, community organisations and approved aged care service providers.

For information about these services in your area contact the Commonwealth Carelink Centre: 1800 052 222.

'Age Page' is in the front of your Telephone Directory also has contact details for many services that can help people as they get older.

Where to go for help for carers

People who care for someone with Parkinson's need help and support too. There are services that can help carers.

Carers Victoria can provide information, counseling, educational workshops and advice for carers, including carer services and entitlements. Information is also available in other languages.

Phone: 1800 242 636.

Commonwealth Carer Respite Centre can help carers to take a break while the person they care for takes part in social or recreational activities. Respite can take place at home, in the community or in a residential facility.

Phone: Commonwealth Carer Respite Centre: 1800 059 059.

Centrelink: Most people who care for someone at home can receive financial assistance with a Carer Allowance. Some carers may be eligible for a Carer Payment.

Phone: Centrelink on 132 717.

For further information & support contact:

Parkinson's Victoria: 1800 644 189

To speak to us in a language other than English:

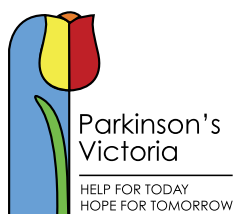
Phone: **131 450** and ask for an interpreter in your language to connect you to Parkinson's Victoria.

This is a free service.

This and other help sheets are available in a range of community languages. Contact us or download them from our website.

www.parkinsonsvic.org.au

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