



Thank you for contacting Parkinson's Victoria to obtain information that can assist you in understanding and managing Parkinson's disease.

When you are diagnosed with Parkinson's, your outlook on life is extremely important. The advice of Parkinson's Victoria is to keep working and living at your own pace; retain as many of your leisure activities as you can; and keep yourself as active and healthy as possible.

Parkinson's is a complex condition. The symptoms can impact on day-to-day activities and the future. Being diagnosed with Parkinson's is a life changing experience, but there are symptom management strategies and support services to assist in getting the most out of life, maintaining independence and continuing to enjoy all that life has to offer.

Support and information can also make a significant and positive difference in the lives of those living with Parkinson's and their families. To supplement our range of support services, Parkinson's Victoria has produced this information kit to assist individuals to better understand Parkinson's, what life is like to live with the condition and to assist in management. The information is of a general nature and provides a basic introduction to the condition. It includes information about symptom management and medication, services that may be useful to access, helpful resources and support and personal stories. We hope you find the information helpful.

Parkinson's is a very individual condition. Each person diagnosed is likely to experience different symptoms and is likely to benefit from different symptom management and medication. We encourage you to stay in touch with Parkinson's Victoria throughout your journey, whether you have been diagnosed with Parkinson's or are a partner, carer, family member or friend of someone who has been diagnosed. Parkinson's Victoria offers ongoing support and information to help manage the various stages of the condition and the challenges they present.

Membership with Parkinson's Victoria is a great way to stay in touch, and information about how to join is included with this kit. We also conduct an annual Recently Diagnosed Seminar that you may be interested in attending.

To find out more about this event, or to discuss questions or concerns you have in relation to Parkinson's, please contact our Health Team for confidential advice.

We encourage you to read the personal stories included with this kit and hope you find them reassuring, inspiring and positive.

This information kit is provided to you as part of Parkinson's Victoria's community support, information and service program. We welcome your feedback and a brief survey with reply paid details are enclosed.

Yours sincerely

A handwritten signature in blue ink that reads "Emma Collin". The signature is written in a cursive, flowing style.

Emma Collin
CEO Parkinson's Victoria

THE JOURNEY: UNDERSTANDING & LEARNING TO LIVE WITH PARKINSON'S

Inside this kit:

- Welcome letter/contents
- **What is Parkinson's?**
- Medical treatments for Parkinson's
- Finding a Neurologist
- **Coping with diagnosis**
- Living with Parkinson's
- **Making decisions about work**
- **A new perspective: Personal stories**
- **Staying positive (support groups)**
- Where to go for help (Victoria)
- **You are not alone (support services)**
- **Parkinson's research**
- Parkinson's Victoria membership form

The Journey is a unique, Australian-made resource designed specifically for those newly diagnosed with Parkinson's, carers and family members. Health and allied health professionals will also benefit from the resource as it provides an insight into the condition from both medical and personal perspectives.

The Journey combines medical, practical and personal approaches to understanding and learning to live well with Parkinson's. The DVD and supplementary information sheets included in this kit will assist people to better understand Parkinson's, as well as the various treatment options currently available, and offers practical tips for coping with the diagnosis (in particular the importance of staying positive), decision making and staying informed. Suggestions for additional support and resources are also recommended.

Please note: In addition to the materials provided in this information pack, our Health Team is able to discuss and provide appropriate information and advice on a range of Parkinson's-related topics. Whether you are seeking information, advice, referrals, assistance or support please contact our Health Team to confidentially discuss your concerns.

Selected information included in this kit is also available in languages other than English. For free copies of this information contact Parkinson's Victoria or download them from: www.parkinsonsvic.org.au/language.htm

Please note: The information contained within the information sheets is of a general nature. Information is not intended to substitute for legal or medical advice. Consumers are advised to seek their own medical or legal advice as appropriate and are encouraged to contact Parkinson's Victoria (or the Parkinson's organisation in their state) to discuss their specific questions and experience.

The Journey: Understanding and Learning to Live with Parkinson's project has been made possible through a generous grant from Allens Arthur Robinson.