

Parkinson's Disease Program



A multidisciplinary program designed to empower people affected by Parkinson's disease to take control of their health and get the most out of life

Rehabilitation**Care**



Ramsay
Health Care

About the program

The Ramsay Health Parkinson's Disease Program has been specially designed for people with Parkinson's Disease or Parkinsonian symptoms who are motivated to take control of their health.

The program gives you access to a skilled, multidisciplinary team of health professionals to improve your outcomes and enhance your quality of life.

The program can help you:

- ✓ improve your symptoms and enhance your quality of life
- ✓ maintain a highest level of physical functioning, at home and in the community
- ✓ improve your ability to participate in everyday activities, such as walking, standing up, doing the shopping and driving
- ✓ improve your emotional wellbeing and promote your independence
- ✓ feel empowered to take control and self-manage your condition, and reduce your need to visit hospital and other medical services

Program structure

The Parkinson's Program is an evidence-driven, exercise based, multi-therapy program that gives you access to physiotherapy, speech therapy, exercise physiology and occupational therapy.

There are two versions of the Parkinson's Program, designed to suit different patient types. Your local Ramsay Hospital may run one of these programs through its rehabilitation service.

- The **4-week Parkinson's Program** is run on four days of the week, over four weeks. During this intensive program, you'll undertake exercise, speech therapy and small group therapy sessions.

- The **10-Week Parkinson's Program** is run on one day of the week, over 10 weeks. During this program, you'll participate in weekly group exercise and therapy sessions.

Both programs have been designed to meet your physical, emotional, and practical supportive needs.

Getting started

To join the Parkinson's Program, you'll need a referral from a doctor. This could be a GP, gerontologist, neurologist or another medical specialist.

Before you are enrolled in the program, you will be assessed by a multidisciplinary team of medical and allied health specialists to ensure the program is right for you.

Cost

The Parkinson's Program is classified as a Day Rehabilitation Program. Your private health insurer may have an arrangement with Ramsay Health Care to fund this program. If this is the case, there will be no additional out-of-pocket cost to you.

If this is not the case, you will be given the option to self-fund the program.

Who is the program for?

The Parkinson's Program is for people who have:

- Early-to-moderate stages of Parkinson's Disease
- Parkinsonian symptoms for a reason other than Parkinson's disease (e.g. permanent medication side effect or another neurological disorder).

The program is also open to people who have been assessed by a medical team and deemed likely to benefit from the exercise-based therapy.



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