



Parkinson's Day Programs and Exercise Class

Mt Wilga's Parkinson's day programs have been developed to support people living with Parkinson's to better understand and manage their condition.

The high intensity program, incorporating both LSVT LOUD® and LSVT BIG®, is aimed at improving a person's speech and body movements to enhance their function and participation in daily activities.

There are moderate and low intensity day programs available to meet specific patient needs and an exercise circuit class held once a week for long term maintenance.

What is LSVT LOUD and BIG?

LSVT LOUD® is an effective speech treatment for individuals with Parkinson's (PD) and other neurological conditions. LSVT LOUD® improves vocal loudness by stimulating the muscles of the voice box (larynx) and speech mechanism. The treatment improves respiratory, laryngeal and articulatory function to maximise speech intelligibility.

The principles of LSVT LOUD® were also applied to limb movement in people with Parkinson's (LSVT BIG®) and it is an intensive and complex treatment with repetitions of core movements used in daily living. It has shown improvements in amplitude (trunk rotation/gait), improved speed (upper/lower limbs), balance and quality of life.

Who is the LSVT program appropriate for?

Research has shown that early referral around the time of diagnosis can have a significant impact on slowing the progression of Parkinson's symptoms. Though medications are also highly effective, exercise and lifestyle changes can have a positive outcome on quality of life. As such, people within the early to mid-stages of Parkinson's are most appropriate for the program.

What will my patients do on the LSVT program?

- Clinic consultation with our Rehabilitation Specialist, Dr Simon Chan
- LSVT LOUD® and LSVT BIG® sessions delivered by certified Speech Pathologists and Physiotherapists – 4 days per week for a period of 4 weeks
- Individually tailored education on a range of Parkinson's specific topics including energy conservation, falls prevention, mindfulness, posture and balance.
- Ongoing exercise classes to maintain skills post program

Are there less intensive day programs available?

We assess each patient individually and tailor each program accordingly. For those who may not be able to manage 4 days a week, we offer a modified program.

Do you have transport for my patients?

Daily transport for a small fee can also be arranged for your patients residing close by to the hospital.

Do my patients require a referral?

A referral from a GP or specialist is required for admission to a day program and can be faxed to **02 9847 5089** or you can call **02 9847 5086** for further information.

Once the referral to the day program is received, an assessment is completed by our Rehabilitation Consultant, Dr Chan, as well as members of the multidisciplinary team to tailor a program in conjunction with the individual.

How are the day programs funded?

If your patient has comprehensive private health insurance and are covered for rehabilitation they will likely be covered for day program services.

Please ask your patient to check directly with their health fund. Quotes may also be obtained if your patient wishes to self-fund.

Do you have self care accommodation?

Onsite self-care accommodation can be arranged for day program patients who live in regional NSW or interstate.

Parkinson's Gym Class for Long Term Maintenance

A Gym Circuit Class is also available and is perfect for an individual with Parkinson's Disease or Parkinson's plus syndromes (progressive supranuclear palsy, atypical Parkinsonism and Parkinsonian changes).

This class is run as a group and is designed for those with high level cognition and balance to ensure their safety.

The individual may have completed the LSVT or a modified day program and wish to continue with a long term maintenance class. However, the individual does not have to have completed any specific program prior to joining the class.

The class is supervised by an Accredited Exercise Physiologist and is held on a Tuesday from 3.30pm to 4.30pm.

Attendance to this high intensity exercise class does not require a referral, however, an initial assessment is required.

Sessions are \$25.00 each, purchased in bulk for ten sessions and individuals can join in the group any time. Please note you may be able to claim through your private health insurance extras cover.

Bookings can be made by calling
02 9847 5015.

