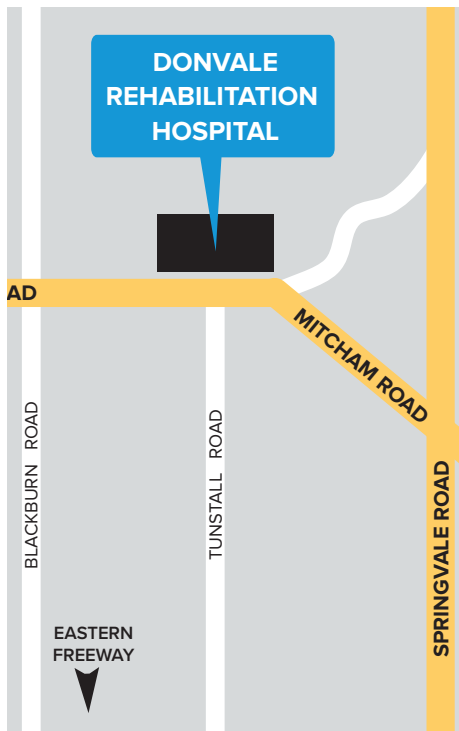


# Parkinson's Program



**Donvale  
Rehabilitation Hospital**

Part of Ramsay Health Care

1119 Doncaster Road

DONVALE VIC 3111

Ph: 03 9841 1400

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People caring for people.

MR0049730 DPH Parkinson's Program 4pp DL 0924



**A multi-disciplinary  
Day Therapy Program  
for people living with  
Parkinson's Disease.**

Rehabilitation**Care**



**Donvale  
Rehabilitation  
Hospital**

Part of Ramsay Health Care

## Program Aim

To provide people living with Parkinson's disease with the knowledge, skills, exercises and strategies to manage their symptoms and maintain their quality of life.

## Who is the Donvale Parkinson's Program for?

The program is primarily for people who are in the early to moderate stages of Parkinson's disease.

## What does the program involve?

- An appointment with a Rehabilitation Physician to assess if the program is suitable.
- An assessment with a Physiotherapist, Occupational Therapist and Speech Pathologist.
- A tailored program up to 12 weeks in length either in a small group setting or individually designed dependent on needs.
- The program for the small group setting includes a weekly exercise and education session. The exercise sessions are run by a physiotherapist and exercise physiologist. They include high intensity and high effort exercises to challenge balance, fitness and complexity of movement. The education sessions address different areas to help educate about how to manage Parkinson's Disease. Topics include Understanding Parkinson's, Importance of Exercise, Activity Pacing, Falls Prevention, Emotional Wellbeing, Nutrition, Swallow and Voice.
- Participants attending an individual program attend weekly multi-disciplinary therapies to address needs that have been identified during the assessment. This will include both exercise and education to work towards their goals.
- A review session in the final week of the program to assess progress and achievement of each person's goals.
- A follow-up group session is held a few months after completion of the group program. This is to review progress and provide an opportunity for discussion.

## The Donvale Rehabilitation Team

Our team consists of:

- Rehabilitation Physician
- Physiotherapist
- Exercise Physiologist
- Occupational Therapist
- Speech Pathologist
- Dietician
- Psychologist
- Pharmacist

## How are costs covered?

We have arrangements with most health funds, Department of Veterans' Affairs, Worksafe and TAC, which ensures out of pocket expenses are kept to a minimum. Self funded clients are also welcome. There will be a small additional cost for simple home exercise equipment and a client workbook recommended as part of the program.

## Referrals

Referral to the Donvale Parkinson's Program occurs through a written referral from a person's local doctor, neurologist or physician.

Referrals should be addressed to:

### Rehabilitation Physician

**Mail:** Donvale Rehabilitation Hospital  
1119 Doncaster Rd, Donvale 3111

**Fax:** 03 9841 1405

**Email:** [outpatient.drh@ramsayhealth.com.au](mailto:outpatient.drh@ramsayhealth.com.au)

For further information please contact the Day Rehabilitation Reception on **03 9841 1490**.