|  |
| --- |
| **Meg Reeves****Parkinson’s Disease Support Nurse** |
|  P: 02 6362 0711  M: 0497 169 981 F: 02 6362 0129 E: PDSupport@cwnn.com.au |  |   |

**Resource List for People with Parkinson’s Disease in NSW Central West**

**Support Groups:**

**Orange –** Martha Brown (ph: 6362 2755) & Petah Duffy (ph: 0439 490 235) 4th Wednesday each month

**Bathurst –** Jennifer Manell (ph: 6332 8972/6332 8963) 1st Monday each month

**Mudgee –** June Ritar **(**ph: 6373 3168) 2nd Wednesday each month

**Cowra –** Joye Dwight (ph: 6345 3217) 1st Monday each month

**Parkes –** Ivy Rooke (ph: 6862 1783) 2nd Tuesday each month

**Dubbo and Narromine –** Lorna White (ph: 6882 7778) 1st Friday each month

**Parkinson’s Nursing Services:**

**Parkinson’s Disease Support Nurse –** Providing a holistic approach to support, education and assessment. The PD support nurse can provide information and education with regards to Parkinson’s disease symptoms, medications & their side effects, nutrition and resources.

Central West Neurology/Orange Neurology – Wednesday and Friday (9am-3pm)

Ph:0497 169 981/ 6362 0711

Fax: 02 6362 0129

Email: PDSupport@cwnn.com.au

**Physiotherapy , Exercise Physiology and Exercise Classes:**

**Dynamic Life Physiotherapy** (Bathurst, Orange, Lithgow, Blayney and Oberon) and **St Vincent’s Outreach Service, Bathurst**

Jennifer Mannell is a LSVT BIG Practitioner who has a special interest in Parkinson’s. Jennifer is highly regarded amongst the Parkinson’s community. Jennifer also runs the Bathurst Support Group**.** 6359 5554 or 0403 403 839.

**PhyzX Physiotherapy & Exercise Physiology**

150 Summer St Orange (in the Orange Arcade/Central Fitness Gym), 6362 9806 for appointments

Parkinson’s Disease Exercise Sessions take place each Monday at 1pm. $18 per session. Note that an Initial Assessment with an Exercise Physiologist is required prior to attending the class.

**Pilates and Movement Therapy Studio**

129 Kite Street Orange (back of Curves – off McNamara Street)

‘Active Ageing Group’ is held every Tuesday at 11.30am for 45 minutes. $5 per session. Veronica 0423 932 724 or Val 0458 691 188

**Gentle Exercise Class**

Murray Memorial Hall (behind St John’s Uniting Church on the corner of Sale and Kite Streets), Monday 11am-12pm, $5

**Tai Chi for Health**

Recreation Hall at Bloomfield Hospital, Wednesday 9.30am-10.30am, $2, 6369 8668, mikal9@mail.com

**PD Warrior**

Specialised exercise program designed for people in earlier stages of PD, [www.pdwarrior.com](http://www.pdwarrior.com)

1300 698 291

[www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au) – search under ‘Find an Exercise Program’ (not specific to PD)

[www.heartmoves.org.au](http://www.heartmoves.org.au) – search under ‘Locate a Program’ (not specific to PD)

**Community Health Services:** access to a wide range of community health services including physiotherapy, occupational therapy, nursing, speech pathology, dieticians and social work. Waiting times may apply. A referral from the PD Support Nurse may be required.

Via Orange Health Service: 6369 3300

Via Dubbo Hospital: 6885 8666

Other private health therapists: There are many other private health professionals in the Central West that can provide valuable information and advice to people with Parkinson’s Disease. These include dietician, physiotherapy, psychologist, speech pathologist, & occupational therapist. Please ask the PD Support Nurse or your Neurologist for information with regards to allied health professionals. Please also discuss a Chronic Disease Management Plan with your GP which can result in five complimentary visits to allied health professionals.

**Websites:**

Parkinson’s Australia: [www.parkinsons.org.au](http://www.parkinsons.org.au)

Parkinson’s NSW: [www.parkinsonsnsw.org.au](http://www.parkinsonsnsw.org.au), Info line 1800 644 189

Michael J Fox Foundation: [www.michaeljfox.org](http://www.michaeljfox.org)

Timers, Vibrating Watches, Talking Clocks, Electronic Pill Boxes: [www.tabtimer.com.au](http://www.tabtimer.com.au), 1300 822 846

Several Smart Phone Apps are available to be downloaded from the Itunes Store (Medicine List, Medisafe, MedAdvisor, PD Toolkit, PD Central, PD NEWS, PD Monitor)

Personal Kineti Graph (PKG) – records movement data, [www.globalkineticscorporation.com.au](http://www.globalkineticscorporation.com.au)

**Contact Numbers: Other Services**

* ACAT Intake Dubbo/Orange – 1800 942 433
* ACAT Intake Lithgow/Blue Mountains – 1800 557 178
* Dementia Behaviour Management Advisory Service – 1800 699 799
* Commonwealth Carer Respite Centre – 1800 052 222
* Continence Foundation of Australia – national hotline staffed by nurses 8am-8pm Monday to Friday 1800 33 00 66, [www.continence.org.au](http://www.continence.org.au)
* Relationships Australia 1300 364 277
* My Aged Care (Aust Gov service) – [www.myagedcare.com.au](http://www.myagedcare.com.au), 1800 200 422
* Uniting Home Care 1800 486 484
* Choices at Home (Orange City Council) – 286 Lords Place Orange, 6393 8966
	+ Telecare, Home Visiting, Minor Maintenance Service and Meals on Wheels
* Carewest – 1300 227 393
* Respite, Community Transport, Community Options, Home Modifications and Help, support, advice
* Integrity Therapy Services – 6368 3661, enquiries@integritytherapy.com.au (Orange & Blayney)
	+ Speech Pathology, Home Modification Assessment, Design & Planning, Home Safety Assessment, Equipment Prescription, Wheelchair and Seating System Prescription & Fitting, Activities of Daily Living (ADL) Assessment & Retraining