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# PARKINSON'S OUTPATIENT PROGRAM

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## PARKINSON'S DISEASE

Parkinson's Disease has four primary symptoms – tremor, rigidity, balance problems and slowed movement. However, people experience a range of symptoms beyond these four. Challenges may include:

- Digestion changes and constipation
- Swallowing and saliva problems
- Changes to speech or voice
- Sexual changes
- Changes in emotions or mood
- Sleep problems
- Pain
- Reduction of sense of smell
- Difficulty completing daily tasks
- Toileting frequency and urgency
- Memory and thinking changes

It's important to know that living with Parkinson's is different for everyone. No two people have the same symptoms and many people live for years without experiencing troubling symptoms.

However, exercise and strategies are important to help manage challenges that do arise. Cabrini's Parkinson's outpatient program specialises in working with people with Parkinson's and similar movement disorders including PSP, MSA and CBS. As a team, we help people address the difficulties and challenges that they may face on an individual basis.



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## ABOUT THE PARKINSON'S OUTPATIENT PROGRAM

Our outpatient program will help you manage symptoms, so you can take back control of your Parkinson's and be as independent as possible. We support you, your family and those around you on your journey. We offer a personalised program with a mix of individual and group-based therapy, including Parkinson's specific education. Our team is highly experienced in working with people with Parkinson's, including Lee Silverman Voice Treatment (LSVT) certified clinicians.

The team includes:

- |                        |                           |
|------------------------|---------------------------|
| • Physiotherapists     | • Occupational therapists |
| • Dietitians           | • Neuropsychologists      |
| • Health psychologists | • Rehabilitation doctors  |
| • Speech pathologists  |                           |

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## WHAT OTHER SERVICES DOES CABRINI OFFER FOR PEOPLE WITH PARKINSON'S?

**Inpatient care:** We provide tailored inpatient rehabilitation programs, including care for people following Deep Brain Stimulation.

**Other services at Cabrini:** Specialist neurologists implement 'advanced therapies' for Parkinson's Disease at Cabrini. These include Deep Brain Stimulation and Duodopa pumps.

**Private, fee for service options:** We also offer private, fee for service options for patients with Parkinson's:

- Physiotherapy - including assessments and individual treatment sessions or Parkinson's-specific exercise groups
- LSVT
- Neuropsychology assessments

Please contact Access for more details (see back page for contact information).



## PARKINSON'S OUTPATIENT PROGRAM

### FURTHER INFORMATION

#### Cost

Many people are fully covered for this program under their private health insurance hospital cover. Your eligibility and any out of pocket costs will be checked prior to commencement of the program.

#### Questions

For further information, please contact Access:  
Phone (03) 9508 1700  
or email [access@cabrini.com.au](mailto:access@cabrini.com.au)

#### Location of program

The Parkinson's outpatient program runs at:  
Cabrini Specialist Centre - Elsternwick  
494 Glen Huntly Rd, Elsternwick 3185

#### Referrals

You will need a referral from a doctor (GP or specialist) to attend the program.  
There is a form below for your convenience.



### REFERRAL FORM – PARKINSON'S OUTPATIENT PROGRAM

Please ask your doctor to complete this form and send to Access:  
Email: [access@cabrini.com.au](mailto:access@cabrini.com.au)  
Fax: (03) 9508 1455

#### Patient details:

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone : (H) \_\_\_\_\_ (M) \_\_\_\_\_

Health fund: \_\_\_\_\_ Membership no: \_\_\_\_\_

☐ DVA Gold ☐ TAC ☐ Workcover

Doctor name: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Provider no: \_\_\_\_\_

Signature: \_\_\_\_\_

Disclaimer: This sheet is provided for general information purposes only. This sheet does not provide you with specific personal, professional or medical advice. It is not intended to be a substitute for professional or medical advice and should not be relied upon as such. You should obtain advice from your treating doctor or healthcare professional about your individual circumstances.

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