

# Parkinson's Group Education

***A group education session designed for people with a diagnosis of Parkinson's disease and their carers.***

## Who runs these sessions?

These education sessions are run by the Parkinson's Advanced Practice Nurse and two Allied Health Professionals from the Brindabella Rehabilitation Service.

## What can I expect?

- A brief overview of what Parkinson's disease is and how it affects your brain
- An explanation of 'who does what' in your healthcare team
- Education about how to manage your medicines
- Strategies to help manage your symptoms
- Information about exercises and tools that can help you with daily living
- How to prevent falls

## Where and when are the sessions?

**Where:** University of Canberra Hospital  
20 Guraguma Street, Bruce ACT 2617

**When:** 4<sup>th</sup> Thursday of every month (This may change if there are not enough people to run a group)  
1:30pm – 3:00pm

## What do I need to do?

If you have Parkinson's disease and you would like to attend an education session, please call (02) 5124 0200 to reserve your booking.

You can also email [TCHparkinsonsnurse@act.gov.au](mailto:TCHparkinsonsnurse@act.gov.au)

We encourage you to bring your carer or a support person.

*Please note: These sessions are designed to give you basic once-off information about Parkinson's disease. They are not designed to give you tailored advice about your ongoing care or medicines. If we see that you aren't getting the treatment and support you need, we will make a referral for you. This will help you get the care you need.*

## Accessibility

If you have difficulty reading a standard printed document and would like an alternative format, please phone 13 22 81.



If English is not your first language and you need the Translating and Interpreting Service (TIS), please call 13 14 50.

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