

Parkinson's Phone Clinic

What is the Parkinson's Phone Clinic?

The Parkinson's Phone Clinic is a dedicated phone advice service for people living with Parkinson's disease in the ACT and surrounding region. It offers people living with Parkinson's and their carers:

- easy access to specialist nursing advice, and
- assistance in navigating the health system.

How does it work?

- Your doctor must refer you to the service.
- You will be scheduled to receive a call
- Calls happen **9am-12pm every Tuesday**
- On the day a Parkinson's Advanced Practice Nurse will speak with you over the phone for 15min (this can be extended if required) to offer you:
 - basic education and information regarding symptom management
 - advice on available services and assistance in making timely referrals
 - follow up from clinic visits if requested by your Canberra Hospital Neurologist or Geriatrician.
- The nurse may identify short term medical concerns during your phone clinic conversation. If this happens, we will make sure you have appropriate medical treatment options available. If necessary, we will call emergency services.

How do I get an appointment?

- Ask your doctor to fax a referral to 6174 5537 requesting an appointment for the 'Parkinson's Phone Clinic'.

OR

- If you already see an ACT Health Neurologist or Geriatrician, you can contact the Parkinson's Advanced Practice Nurse by emailing: TCHparkinsonsnurse@act.gov.au and request an appointment.

What can't the Parkinson's Phone Clinic do?

- The Clinic cannot offer advice regarding medication adjustments. If you feel you need your medication adjusted or changed, please speak to your doctor.

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.
For further accessibility information, visit: www.health.act.gov.au/accessibility

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