

# Rehabilitation for Parkinson's Disease



Do you have a new diagnosis of Parkinson's Disease or have you had any falls? Are you finding it harder to do your normal daily activities such as walking, getting in/out of bed, showering, getting dressed, swallowing or speaking due to your Parkinson's Disease? Our team at Warners Bay Private Hospital are here to help you achieve your goals under the care of our Rehabilitation Medicine Physicians. Our Physiotherapist, Occupational Therapist and Speech Pathologist have specialised training in the management of Parkinson's Disease and are accredited in the LSVT BIG® and LSVT LOUD® programs.

## What we can offer you:

- Intensive therapy program using the LSVT BIG and LSVT LOUD programs
- Tailored discussion sessions with our multidisciplinary team including our pharmacist, dietitian, social worker, physiotherapist, occupational therapist and speech pathologist
- We also have access to psychological services as required

## Some topics that may be covered include:

- Understanding Parkinson's Disease
- Exercise and Parkinson's Disease
- Medication and Parkinson's Disease
- Healthy Eating for Parkinson's Disease
- Cognition and Memory in Parkinson's Disease
- Falls prevention

## What is LSVT

LSVT is a 4 day per week, intensive therapy program tailored to the individual to help them achieve their individual goals.

## LSVT LOUD

Is an evidence based program run by a speech pathologist for the treatment of voice and speech disorders in people with Parkinson's Disease. It has been developed and researched over the past 25 years and has been documented to improve:

- Vocal loudness
- Articulation and speech intelligibility
- Intonation
- Facial expression
- Changes in neural functioning related to voice and speech

## LSVT BIG

Has been developed and researched over the past 25 years and is run by a physiotherapist or occupational therapist. It focuses on amplitude of movement and has been documented to improve:

- Speed of walking
- Step size
- Balance
- Trunk rotation
- Activities of daily living such as bed mobility

## What the programs involve:

- Thorough assessment by our Rehabilitation Medicine Physicians, Physiotherapist, Occupational Therapist and Speech Pathologist
- Therapy 4 days a week for 4 weeks (this is based on the research for best practice conducted for the LSVT programs)
- Daily homework tasks
- Training to help you manage your own exercises at home on completion of your program.

**For more information, please contact our Day Program Administrative Team on (02) 4941 3462. We look forward to hearing from you and working with you to achieve your goals.**

