

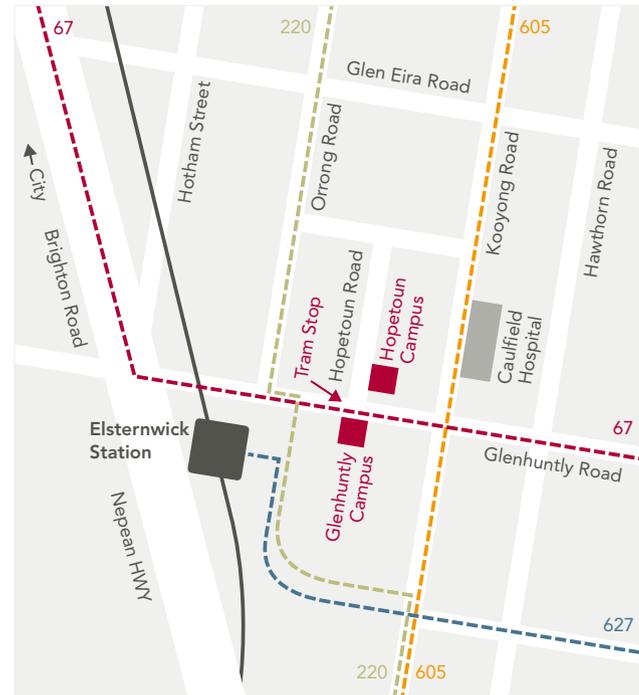
## PATIENT FOLLOW-UP

Our care and concern for patients extends beyond the inpatient care goals. Patients are offered education, counselling and out-patient therapy programs. We have a close association with Parkinson's Victoria and their educational and support resources. Our program ensures that referring specialists are informed of treatment outcomes and are engaged in follow-up planning.

Patients with movement disorders are welcome to enquire about our inpatient and outpatient services, and the many resources available to both patients and relatives through our Allied Health Department at our Glenhuntly Road campus.



## PUBLIC TRANSPORT MAP



**Cabrini Elsternwick**  
494 Glenhuntly Road  
Elsternwick Vic 3185  
Tel (03) 9508 5200



ASHWOOD  
BRIGHTON  
ELSTERNWICK  
MALVERN  
PRAHRAN

[www.cabrini.com.au](http://www.cabrini.com.au)



PARKINSON'S  
DISEASE AND  
MOVEMENT  
DISORDERS  
PROGRAM



## PARKINSON'S DISEASE AND MOVEMENT DISORDERS PROGRAM

A long history of clinical leadership in Movement Disorders. This internationally recognised rehabilitation program for patients with Parkinson's disease and other movement disorders has been running for more than 10 years at 494 Glenhuntly Road. Built on a strong foundation of clinical experience and scientific evidence, it is widely regarded as a premier program for the treatment of patients with Parkinson's disease.

### ABOUT THE PARKINSON'S DISEASE AND MOVEMENT DISORDERS PROGRAM

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The program offers both in-patient and out-patient care and is run by a dedicated team of experts in physical rehabilitation, psychological and medical management of patients living with Parkinson's disease and other movement disorders.

Using the latest evidence based approach to rehabilitation, our team aims to optimise function and independence, improve the symptoms of Parkinson's disease and other movement disorders, and reduce the burden of disease on patients and their carers.

Each patient is assessed and an individual program is designed to achieve specific goals. In Parkinson's disease we aim to:

- Improve motor control with optimisation of medications in a closely monitored environment; this includes dedicated and intense programming of deep brain stimulation devices and initiation of sub-cutaneous apomorphine if required
- Teach and reinforce strategies to improve mobility and reduce falls
- Optimise independence in activities of daily living, including assessment and therapy in the community and at home
- Improve physical fitness through reconditioning exercise programs
- Enhance cognitive function with thorough cognitive assessment and appropriate use of strategies and medications
- Reduce depression and anxiety through specialised psychological assessment and treatment
- Provide family support

Most elective admissions run for 10-14 days and are co-ordinated under the principle care of a neurologist who specialises in Parkinson's disease, deep brain stimulation and movement disorders rehabilitation.

#### Our team includes:

Rehabilitation Consultants  
Geriatricians  
Movement Disorders Specialist Neurologists  
Movement Disorders Specialist Psychiatrist  
Specialist Nurses  
Physiotherapists  
Occupational Therapists  
Dietician  
Speech Pathologists  
Social Worker  
Exercise Physiologist  
Neuropsychologist

### REFERRAL PROCESS

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Any patient with a disabling movement disorder such as Parkinson's disease should be considered for referral to Cabrini Elsternwick. Simply contact the rehabilitation admissions office to discuss the referral on Tel (03) 9508 5100. Medical referrals can be sent directly to:

Cabrini Health Elsternwick Rehabilitation Services  
Movement Disorders Program,  
Admissions Officer  
Cabrini Health Elsternwick Rehabilitation Service  
2-6 Hopetoun Street  
Elsternwick VIC 3185

Our pre-admission staff will arrange assessment and contact the referring doctor to discuss treatment goals. Our neurologists will also agree treatment goals with the referring specialist.