

Parkinson's Disease services



At St John of God Frankston Rehabilitation Hospital, we provide a range of comprehensive evidence-based specialist Parkinson's programs. Research suggests that people should not wait until they begin to experience disability, impaired function or loss of balance to start an exercise program.

Each of our programs and treatments are tailored to your individual needs based on your individual assessment. This includes medication reviews, Parkinson's specific exercise and education.

Our interdisciplinary team includes:

- Rehabilitation Specialists
- Physiotherapists (LSVT BIG® trained)
- Occupational Therapists (LSVT BIG® trained)
- Dietitians
- Clinical Psychologists
- Pastoral care
- Psychologist
- Movement Disorders Nurses
- Speech Pathologists (LSVT LOUD® trained)
- Exercise Physiologists
- Social Workers
- Psychiatrists
- Neurologists
- Music therapist

Parkinson's-specific services:

Individual assessment and treatment

Comprehensive assessment to tailor a treatment program to suit your needs.

Medication Management

Physician review of medication to optimise function.

Parkinson's Group

Exercise and formal education from a wide range of health professionals, putting it all into practice in a safe environment.

LSVT LOUD®

Retrains the brain to be more aware of voice volume and assists with communication issues.

LSVT BIG®

Retrains the brain so that movements become bigger to assist with everyday activities.

Hydrotherapy for Parkinson's

Water based exercise to improve movement and relaxation. We also offer Ai Chi, which is the water version of Tai Chi.

Strengths for Life

Innovative group therapy programs supporting the skills and lessons learnt in the foundation programs: LOUD for LIFE®, BIG for LIFE® and Focus on Strengths

Music for Wellness

Group singing to encourage voice loudness in a fun environment.

Inpatient Services

We offer comprehensive assessment and tailor a program to meet your needs. This includes medication reviews, falls and balance and reconditioning programs. We also offer advanced inpatient Parkinson's medical interventions.



Outpatient programs

| | Individual (I)/Group (G) | Session Duration | Frequency (weekly) | Program Duration | GP Referral Required |
|----------------------|--------------------------|------------------|--------------------|------------------|----------------------|
| Parkinson's Group | G | 2hr | 1 | 10 wks | Yes |
| LSVT LOUD® | I | 1hr | 4 | 4 wks | Yes |
| LSVT BIG® | I | 1hr | 4 | 4 wks | Yes |
| Hydrotherapy | G | 1hr | 1 | 8 wks | Yes |
| Music for wellness | G | 1hr | 1 | ongoing | No |
| Individual Treatment | I | 1hr | 1-4 | as prescribed | Yes |
| Strengths for Life | G | 1-3 hrs | 1 | 8 wks | Yes |

Accessing Services

A referral from a GP or medical specialist is required for admission as an inpatient or to outpatient programs*.

Private health insurance is recommended for admissions. TAC, WorkCover and DVA approved claims are accepted and self-funding options also available.

*Specialist allied health appointments are available without the need for a referral through our Active Health and Wellbeing Centre.

For all enquiries please call (03) 9788 3333

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ST JOHN OF GOD
Frankston Rehabilitation
Hospital



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