

# Parkinson's Care Program



## Dedicated to Helping You and Your Family

Whether you have been living with Parkinson's Disease (PD) for some time or were recently diagnosed, professional care is invaluable not just for you, but for your family and carers.

You don't need to go through this alone - professional care for those diagnosed with PD not only lowers the risk of complications, but also improves the quality and length of your life. Our team at Senior Helpers provides expert, personalised Parkinson's Care to suit your individual needs and circumstances. We're here to help support you through this journey and make your life enriching and enjoyable each day.

## We're Here for the Community

At Senior Helpers, our support doesn't just stop with you and your family. We further our reach by engaging with organisations in the community by:

- Organising speakers to help inform and stimulate awareness about PD
- Promoting further education, training and guidance for healthcare workers
- Providing specially trained staff to assist organisations care for those with PD

## Personalised Care

At Senior Helpers, we understand the importance of keeping up to date with the latest developments in PD care, and invest heavily in training for our Support Workers. Our industry-first Parkinson's Care program equips our Support Workers with the tools and information they need to provide you and your family with professional, tailored care.

When you first meet with us, we'll work with you to create a customised plan that provides the appropriate level of care, so you can continue to live in the comfort of your own home. From creating a stimulating environment to helping with daily living tasks, our goal is to support your independence and freedom. We believe in celebrating life, and offer specialised support for family members to help foster a positive and uplifting environment.

Below are just some of the many supports we provide:

-  Home safety and fall prevention
-  Nutrition and meal planning
-  Medication reminders
-  Transportation assistance
-  Companionship
-  Family carer relief
-  Exercise and education

For more information, get in touch with your local Senior Helpers.