

BENEFITS OF BELONGING TO A SUPPORT GROUP

- Learning ways of coping with Parkinson's
- Meeting new friends
- Being heard by people who understand
- Knowing that you are not alone
- Having fun
- Connecting with local support services

“One of the most valuable things we can do to heal one another is listen to each other's stories”



PRIVACY POLICY

The Association is bound by the Australian Privacy Principles, which are contained in Schedule 1 of the Privacy Act 1988. This legislation is designed to protect your rights with respect to personal information held by private organisations.

Further information about the Australian Privacy Principles can be obtained from the Office of the Australian Information Commissioner.

IN THIS TOGETHER
parkinson's
WESTERN AUSTRALIA



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in brief

WHAT IS A SUPPORT GROUP?



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SUPPORT GROUP

A Support Group is a group of people who meet to give and gain support from others with similar needs. A Parkinson's Support Group includes people with Parkinson's, their partners/carers and anyone interested in their welfare.

Learning to live with Parkinson's is not easy. Arising from the main symptoms of tremor, muscle rigidity and slowness of movement are some of the many issues in daily living. Often small issues become frustrating ones, such as difficulty with doing up small buttons, combing one's hair or turning over in bed.

People with Parkinson's may be able to do some things well at times and be completely incapable of the same task at other times.

The partner/carer may find it difficult to know how much assistance to give without threatening the independence of their partner.

Because learning to live with Parkinson's is difficult, many people gain much needed support from being in contact with others who understand. For many, a Support Group reduces the feelings of isolation and creates an opportunity for frank discussion.

By sharing ideas and information with others, many people are able to find new ways of coping. Most people who attend feel that the emotional support they both give and receive is of great benefit.

FOR MORE INFORMATION

Call Toby on (08) 6457 7373 or email info@parkinsonswa.org.au for the contact details of a Support Group near you.

STARTING A SUPPORT GROUP

If you are interested in starting a Support Group in your area, please call Jodie on (08) 6457 7373 or email supportprograms@parkinsonswa.org.au



VENUE	DAY OF MONTH
ALBANY	1st Tuesday 10.00am
ARMADALE	1st Friday 10.00am
BULLCREEK/LEEMING	3rd Tuesday 10.30am
BUNBURY	3rd Monday 2.00pm
BUSSELTON	2nd Friday 10.00am
COLLIE	3rd Monday 10.30am
ESPERANCE	Every 2 months
FREMANTLE/MELVILLE	3rd Monday 10.00am
GERALDTON	Currently in recess
KINGSLEY	Last Thursday 1.30pm
SOUTH WEST (MANJIMUP)	2nd Friday 12noon
MANDURAH	Last Friday 1.00pm
MIDLAND	First Wednesday 10.00am
MORLEY	2nd Monday 11.00am
NARROGIN/DARKAN	Last Friday 10.00am
NORTHAM	Contact Parkinson's WA
ROCKINGHAM	2nd Thursday 1.00pm
WESTERN SUBURBS	1st Wednesday 2.00pm
YOUNG ONSET*	Last Sunday 10.00am
CARERS (North)	3rd Wednesday 10.00am
CARERS (South)	4th Tuesday 10.00am

***The Young Onset Support Group is for ages 55 years and under.**

Please contact Toby on (08) 6457 7373 or info@parkinsonswa.org.au for details of your local Support Group and Leader.