

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 the Parkinson's WA office on (08) 6457 7373 or email info@parkinsonswa.org.au



| VENUE | DAY OF MONTH |
|-----------------------|-------------------------------|
| ALBANY | 1st Tuesday 10.00am |
| ARMADALE | 1 st Friday 9.30am |
| BULLCREEK/LEEMING | 3rd Tuesday 10.30am |
| BUNBURY | 3rd Monday 2.00pm |
| BUSSELTON | 2nd Friday 10.00am |
| ESPERANCE | Every 2 months |
| FREMANTLE/MELVILLE | 3rd Monday 10.00am |
| KINGSLEY | Last Thursday 2.00pm |
| SOUTH WEST (MANJIMUP) | 2nd Friday 12noon |
| 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 the Parkinson's WA Office on (08) 6457 7373 or info@parkinsonswa.org.au for details of your local Support Group and Leader.