



PD @ Waratah

Proactively live well with
Parkinson's Disease

PD @ Waratah is a custom-designed program aimed at helping to improve symptoms, balance, mobility, functional independence and safety in people with low to moderate Parkinson's Disease (PD) symptoms.

Our trained multidisciplinary rehabilitation team uses the latest evidence-based research to prescribe and progress specific aerobic, strength, balance and agility exercises to address symptoms and individual daily life challenges.

Joining our twice a week program over twelve-weeks, you will learn and equip yourself with knowledge and techniques on how to better live with Parkinson's Disease.

Outcomes

You will be assessed by our multidisciplinary team to identify your current limitations and goals for therapy. A tailored rehabilitation program will then be designed to address your individual needs. A post program discharge report will also be provided to your referring doctor.

On completion of the program you will be provided with an individualised home exercise program to enable the maintenance of your condition.

Your referral to Rehabilitation at Waratah

You may be referred to Rehabilitation at Waratah by your GP or specialist via fax (+61 2 9598 0699) or email dayprogram@waratahprivate.com.au

You can call (02) 9598 0690 for any information or booking. Our intake coordinator will walk you through the next steps of admission.

Most health funds cover this program and your eligibility will be checked before starting the rehabilitation. You may also self-fund your recovery and a quote will be issued to you upon request.

Your rehabilitation program to help you proactively live with PD

OCCUPATIONAL THERAPY

Our Occupational Therapist will use different assessment tools to review your strength, dexterity, cognition, functional activity and falls risks. Your treatment sessions will be goal based with specific functional re-training with focus on gross and fine motor skills. There is an educational component with informative advice on topics such as energy conservation, how to control your anxiety and depression, sleep hygiene and falls prevention.

EXERCISE PHYSIOLOGY/PHYSIOTHERAPY

Our Exercise Physiologists or Physiotherapists will assess your walking speed, balance and endurance and how Parkinson's disease is affecting your daily living. A tailored exercise plan is then designed to address your needs and help with any impairments caused by PD.