

Thank You

You've helped transform the lives of people with Parkinson's.

Your support enhances the enabling pillars – the key principles guiding our efforts and services as expressed by people living with Parkinson's:



I am Informed



I am Enabled & Supported



I am Empowered to Access Services

Vision

A Parkinson's community empowered every step of the way.

Purpose

We support, enable and advocate for and with people living with Parkinson's and their communities.



I am Part of My Community

Your contributions have facilitated vital information and education initiatives, delivered in person, over the phone and online, ensuring that individuals affected by Parkinson's, and those who provide care for them, are equipped with the knowledge and resources they need to make informed decisions about their health.

In 2023 alone, our Information Line received more than **3,000** calls, providing individuals with access to reliable information, guidance, and support from trained professionals. They have provided essential information on managing symptoms and medications, disease progression, employment, aged care assessment and placement, and hospital and holiday planning. They have supported people living with Parkinson's, Progressive Supranuclear Palsy (PSP), Multiple System Atrophy (MSA) and Corticobasal Degeneration (CBD).


Your support has also assisted in the delivery of tailored Education Seminars for people living with Parkinson's, their loved ones and health workers, including GPs and Aged Care workers, responsible for their care.

During the 2023 financial year, seven Community Education Seminars were held in metropolitan Sydney and regional NSW, and more than **100** people attended a Newly-Diagnosed Seminar to find out what their diagnosis means, and the early interventions required to slow progression and live well with Parkinson's.

Education Seminars are delivered within local communities, offering people insights from specialists on living with Parkinson's. In areas lacking specialist support, your assistance enables us to bring these experts directly to those who need them most.

 **3,285** calls to the InfoLine

 **330** Aged Care and Health workers educated

 **7** community education seminars held across NSW

Because of you, we're able to provide comprehensive support services tailored to the unique needs of individuals living with Parkinson's and their caregivers.

Our Support Groups offer a safe space for individuals to share experiences, gain insights, access therapeutic programs, and find peer and social support in connecting with others who understand the condition.

In the past year, our Support Groups have served an estimated **2,000** individuals in more than **60** locations across the State, providing them with the encouragement, programs, and peer support to navigate the challenges of Parkinson's disease.

Emotional supports are also available to people with Parkinson's and their carers through our Specialist Counsellors.

 **765** individual counselling sessions

 **260** group counselling sessions

With your help, last year our Counsellors delivered more than **1000** counselling sessions supporting people through many challenges including learning to live with a Parkinson's diagnosis, the grief of a decline in health or loss of a loved one, stress over the increase of injury and hospitalisation due to falls, managing anxiety, carer's fatigue and stress and some of the cognitive changes caused by Parkinson's.

“Parkinson's NSW is like a lighthouse for us”

- Carer of person living with Parkinson's.


Your generosity ensures that individuals affected by Parkinson's have access to essential services that enhance their quality of life. Whether it's facilitating access to medical care, therapy services, or assistive devices, we're empowering individuals to access the resources they need to thrive, regardless of their circumstances.

In 2023, our Parkinson's Specialist community nurses travelled more than 16,000kms to provide personalised care and assistance to **2,564** patients in their local community, ensuring that they receive the support they need to maintain their independence and quality of life.

You are helping people avoid unnecessary and prolonged hospital stays and live independently in their homes for as long as possible.

The health staff on the InfoLine connected callers to Support Groups, Movement Disorder Specialist Neurologists, Community-based Parkinson's Specialist Nurses; Counsellors; Allied Health; Parkinson's clinics and available government supports including My Aged Care and the NDIS.

 **523** new patients

 **412** clinic consultations

 **322** home visits

 **279** neurological consultations

 **710** device-assisted therapies supported

 **45** telehealth consultations

 **16,192** kilometres travelled

