

PROFESSIONAL SUPPORTS

with an interest in Parkinson's...



The Parkinson's journey is different for everyone. Whilst Parkinson's SA&NT are here to provide quality service and support, we don't always have all the answers or expertise - sometimes some other expert supports are needed to help with your self-management. It is important for people living with Parkinson's to be proactive in the management of their condition. There are a number of health professionals that can help people with Parkinson's along the way, building a supportive health care team to assist in managing you Parkinson's health.

Some of the main professions that you can connect with to form a part of YOUR care team include:

Nutrition and Dietetics

A dietitian is an expert in dietetics; that is, human nutrition and the regulation of diet. A dietitian can make recommendations on their patient's nutrition based upon their medical condition and individual needs.

Parkinson's Nurse

A Parkinson's nurse has specialist experience, knowledge and skills in relation to Parkinson's. A Parkinson's nurse specialist works closely with neurologists.

Physiotherapy

Physiotherapists use exercise and other forms of physical therapy to help keep people mobile.

Occupational Therapy

An OT is a practitioner who helps people interact and engage in everyday life. They do this through activities designed to develop, maintain or retrain skills for people with a disorder, condition or illness (whether that be cognitive, physical or mental). An OT can also recommend ways to make your home and workplace safer and easier to cope with.

Speech Pathology

Some people with Parkinson's will experience changes in speech, voice and swallowing at some point during the course of the disease. Dysarthria (difficulty speaking) and dysphagia (difficulty swallowing) can be addressed by seeing a speech pathologist or speech therapist who can provide ongoing recommendations such as modifying diets, prescribing exercises and utilising strategies to improve swallowing, as well as teach techniques and offer tips for better communication.

Psychology

Psychologists can work with patients experiencing adjustment issues related to a new diagnosis of Parkinson's disease or a change in the disease process. A Psychologist can treat symptoms of anxiety and depression in addition to teaching skills to improve sleep quality. Psychologists are experts in managing changes related to thought processing abilities, also known as cognition. Neuropsychologists can evaluate changes in mood and/or cognition (including executive functioning, processing speed, and attention) and make treatment recommendations in order to maximize the client's strengths.

Social Work

The social worker has a central role to play as part of a multi-disciplinary team, helping clients and their families cope with the psycho-social ramifications of movement disorders. Social workers are trained to help people with the social, emotional and financial challenges of life.

Please use this guide to help you find contacts and professionals to form your care team, and live well with Parkinson's. This list is not an exhaustive list, and has been developed through word of mouth and recommendations. We recommend you use this list as a tool to help you get in touch, but do not personally endorse any professional.



OUR PURPOSE

Enhanced whole-of-life experience for people affected by Parkinson's or other neurological/movement disorders.

OUR MISSION

To maximise choice, independence, mental health and well-being for people affected by Parkinson's or other neurological/movement disorders through support, education, advocacy and research.

DENTISTS

Wolf Kropf	146 Fullarton Road, Rose Park	T: 8293 1476	(30 yrs experience, variety of client populations, sensitive approach,)
Greg Miller	Archer Street, North Adelaide	T: 8267 1894	

DIETICIANS

Danielle Rodger	Fuel Your Life	T: 0413 460 911 or 0401 302 872	
Kate Guthrie	20 Main Road BELAIR SA 5052	8278 8311	special interest in aged care, swallowing difficulties
Letizia Sasanelli	Nutrition Professionals Australia 2/191 Melbourne Street North Adelaide SA 5006	T: (08) 8227 1000 F: (08) 8227 1200	Can speak Italian fluently.

GERIATRICIANS

Dr Margaret Bulling	Department of Rehabilitation, Aged and Palliative Care SALHN Level 4, Rehabilitation & Palliative Care Building, FMC, Flinders Drive Bedford Park SA 5042	T: (08) 8404 2453	
Dr Pazhvoor Shibu (also known as Dr Shibu Nair)	Adelaide Physicians & Surgeons 40 North Tce Kent Town SA 5067 Trinity Medical Specialist Centre 28 College Rd Pt Adelaide SA 5015 North East Specialist Centre 738 North East Road, Holden Hill SA 5088 Harbour Medical Services 1 Osborne Road, North Haven SA 5018	T: (08) 8363 0244 F: (08) 8363 0255 T: (08) 8249 2000 F: (08) 8249 2001 P: 08 8261 3211 F: 08 8261 3222 P: (08) 8341 8433 F: (08) 8341 9489	Affiliated with Queen Elizabeth Hospital, visits RACFs
Dr Robert Culvert	344 South Tce Adelaide SA 5000	T: (08) 8232 0711	
Dr Ashwin Shukla	SA Geriatrics Flinders Private Hospital 1 Flinders Dve Bedford Park SA 5042	T: 1300 437 428	

GENERAL PRACTITIONERS

GenWise Aged Care		T: 08 8121 4285 or 0410 495 981 F: 08 8180 1729	mobile general practice - GP's, Geriatricians & Specialists who go into RACFs, bulk bill.
Dr Patrick Foo FRACGP, MRCGP, MBBS, BSc	Office 3, 6-14 Metro Parade Mawson Lakes SA 5095	T: (08) 7123-6424 F: (08) 8121-6111	Northern GP with specialist interest in Aged Care (visits RACF's)
Dr Denes Marantos	Tea Tree Plus Shopping Centre 1020 North East Road Modbury, SA 5092	T: (08) 8265 4022 F: (08) 8396 1795	
Dr Graham Lovell	Wellbeing McLaren Vale 3 Aldersey St McLaren Vale SA 5171	T: (08) 8323 7533	
Dr Shamin Walgampola	Golden Grove Family Health Centre 205 The Golden Way Golden Grove	T: 8289 1222 T: 8289 1255	
Dr Greg Kelly	Hughes Clinic 160 Unley Road Unley SA 5061	T: 8272 8266	Area of interest: Preventative health Geriatric medicine

NEUROLOGISTS

The most appropriate medical specialist to help manage your Parkinson's is a neurologist. You will need a referral from your GP, whether you will be a private or public patient. In choosing a neurologist you may like to consider:

- Does this doctor have a Parkinson's specialty?
- Do I feel comfortable talking about personal issues with this doctor? Do we communicate well?
- Is the location going to work for me?
- What about costs and waiting times?

PUBLIC NEUROLOGISTS

Flinders Medical Centre (FMC)

GP can either refer to a particular neurologist in the referral or refer you to the 'movement disorders clinic'. Deep Brain Stimulation is performed at FMC. Apomorphine treatment is available.

Ph: 8204 7777 Fax: 8374 4928

Dr Joseph Frasca	Epilepsy/Botox/EEG & EMG testing. visits Alice Springs
Dr Karyn Boundy	general neurologist, visits Port Lincoln
Assoc Prof Wilcox	head of movement service, visits Alice Springs, Botox, performs EMG and genetic testing, Deep Brain Stimulation
Dr David Schultz	head of dept, Botox, visits Alice Springs, specialises in Motor Neurone Disease
Dr Yi Zhong Zhuang	movement disorder specialist, Botox, Deep Brain Stimulation
Dr Siew-Lee Shu	movement disorder specialist, Botox, Deep Brain Stimulation

Royal Adelaide Hospital (RAH)

Your GP can refer you to a particular neurologist or to a 'movement disorder specialist' or to the 'movement disorders clinic' to see both a movement disorder specialist and a Parkinson's Specialist Nurse. Deep Brain Stimulation, Apomorphine and Duodopa treatments are available.

Ph: 1300 153 853, Fax: 08 7074 6247

Assoc Prof Thomas Kimber	movement disorder specialist, video conferencing available
Dr Chris Kneebone	neuromuscular, neuro-immune, MS, neurophysiology
Dr Martin Robinson	can Skype country clients
Dr Sharavanan Parasisvam	movement disorder specialist, runs Botox clinic
Assoc Prof James Temlett	Assoc Prof Kleinig
Dr Roula Ghaoui	Dr J Ravindran
Dr Jessica Hafner	Dr Michelle Kiley
Dr Jim Jannes	

Queen Elizabeth Hospital

Ph: 8222 6239 Fax: 8222 6093

Dr Martin Robinson	Skypes country clients
Dr Aaron Tan	
Dr Shibu (Geriatrician)	Older Persons Movement Disorders Clinic Weekly (Geriatric Dept 8222 8594 visits Whyalla monthly)

Lyell McEwin Hospital (LMH)

Your GP should refer you to a particular specialist or to the 'movement disorders clinic' where you see both a specialist and a Parkinson's Nurse. LMH supports Apomorphine and Duodopa treatments.

Ph: 8182 9966 Fax: 8182 9355

Dr Andrew Moey	Stroke & Botox
Dr J Ravindran	PD
Dr Wilson Vallat *Public & Private Clinic	PD
Dr Field	MS and Stroke

PRIVATE NEUROLOGISTS

QE Specialist Centre – 28 Woodville Road, Woodville South

Ph: 8243 0975 Fax: 8243 2766

Assoc Prof Simon Koblar (main Parkinson's specialist in the practice)	Dr Cathy Short
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Western Neurology - 28 Woodville Road, Woodville South

Ph: 8243 0975 Fax: 8243 2049

Dr Karyn Boundy	Dr Martin Robinson
Dr Aaron Tan	Yi Zhong Zhuang (Botox)

The Memorial Hospital – 2/250 Melbourne St, North Adelaide

Ph: 8267 5547 Fax: 8267 6012

Dr Rey Casse (check if accepting new patients)
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Southern Neurology – 32 Kensington Road, Rose Park 5067

Ph: 8333 2545 Fax: 8333 3535

Dr Joseph Frasca	Dr Michelle Kiley
Dr J Ravindran	Dr David Schultz
Assoc Prof Thomas Kimber	Botox, manages infused therapies
Dr Sharavanan Parasivam	Botox, manages infused therapies

Specialists on College – Suite 3, 27 College Road, Kent Town

Ph: 8132 0494 Fax: 8132 0506

Dr Karyn Boundy	Dr Andrew Lee
Dr Matthew Willcourt	

Comp Care Specialist Centre Level 5, Consulting Building, 120 Angas St, Adelaide SA 5000

Ph: 8333 2545 Fax: 8333 3535

Dr Boon Loong Tan	Geriatrician - main Parkinson's specialist in the practice
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207 Melbourne Street, North Adelaide 5006

Ph: 7077 2199 Fax: 7223 2091

Dr Chris Kneebone

Nunyarra House– 43 Adelaide Rd, Gawler

Ph: 8552 2899 Fax: 8523 2899

Dr Wilson Vallat	Stroke, Parkinsonism & other Neurodegenerative disorders, Epilepsy, Neuroimmunological disorders and Neuropathies.
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Calvary Wakefield Hospital – 270 Wakefield Street, Adelaide

Assoc Prof Temlett Ph: 8272 3053 Fax: 8125 6590	Botox
SA Group of Specialists - Dr Dominic Thyagarajan Ph: 8359 2411 Fax: 8359 2477	(in Adelaide fortnightly) Botox
Dr Andrew Moey	Botox

Neurology South Australia – 150 Main Road, Blackwood

Send referrals to PO Box 241 Main Road, Blackwood, SA 5051 or fax: 8178 0724

Ph: 7324 2590 or 0433 963 316

Assoc Prof Robert Wilcox (visits Alice Springs)	Botox
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Parkinson's Rehabilitation at Flinders Medical Centre

A geriatrician can medically review patients with Parkinson's via referral to the Aged Care Clinic (one of the 4th Generation Clinics) Referrals for the Parkinson's Day Rehabilitation Program can be directed to Day Rehabilitation Service. Fax number for both is 8404 2263

NURSE SPECIALISTS

Clients cannot be referred to Nurse specialists unless the client is a patient of the public hospital system where that Nurse is employed

Jo Dalton	jdalton@hospitalresearch.com.au	T: 8357 8909	Jo is the Clinical Nurse Consultant at Parkinson's SA. Jo has a special interest in Pain Management
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OCCUPATIONAL THERAPISTS

Elizabeth Barnard	elizabethbarnard.ot@gmail.com	T: 0401 510 800	
Brad Williams	Williams Occupational Therapy	T: 0438 381 235	Mobile Service for all of South Australia. Specialises in Driving
Wanda Fong	Wanda Fong Occupational Therapy KENSINGTON PARK SA 5068	T: 0437 188 802	

PHYSIOTHERAPISTS

Unley Physiotherapy		T: 8373 2132	Runs exercise classes
Karen Powell Neurological Physiotherapy and Rehabilitation	Marion Medical Centre Suite 1, 199 Sturt Road Seacombe Gardens SA 5047	T: 8296 4500	
	Blackwood Health Centre 210 Main Rd Blackwood SA 5051	T: 8278 7444	
	The Southern Clinic 1140 South Rd Clovelly Park SA 5		
Edwina Reid	76b Kensington Road Rose Park SA 5067	T: 8331 2700	
James McLoughlin Advanced Neuro Rehab	Corner Caroon Ave & Crombie St, Hove 5048	T: 8363 0458	
	296 Payneham Rd, Payneham 5070(Co-located with Physiosmart)	T: 8363 0458	
Neuromoves Adelaide	The Parks Recreation and Sports Centre 46 Cowan St Angle Park	T: 1800 819 775 or 0422 035 979	Hydrotherapy and fully accessible wheelchair-friendly gym program, next door affordable exercise for people with a disability
Anna Kluvanek	Insight Physio Rehab	T: 0416 858 128	Generally in Clients' homes in the Southern Suburbs (South of Glenelg). Anna also has access to a clinic at Reynella if required
Lucrecia Sergi	lucrecia@senderophysiotherapy.com.au	T: 0416 366 570	Therapy in the home/ community, Falls prevention, Mobility assessments, Transfer assessments/plans, LSVT BIG for Parkinson's disease, Upper limb function, Pilates (no machines), Pain management, Hydrotherapy (no pool provided), Postural assessments, Equipment prescription, Work site assessments, Tele rehab Advice and support. In southern suburbs but can travel anywhere.

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PHYSIOTHERAPISTS

Connect Neurophysiotherapy	www.connectneurophysiotherapy.com gilly@connectneurophysiotherapy.com		Online neuro-physiotherapy providing services via video and email
Stuart Thomson	1 Wildman Street Goolwa	T: 85287650	PD Warrior Training completed
Libby Bamford Neurophysiotherapy	207 Melbourne St North Adelaide SA 5006 Neurophysioadelaide.com.au	T: 8267 3994 lbamford@ internode.on.net	

PODIATRISTS

Jodie Simon - My Family Podiatrist	115 Port Rush Road Evandale SA 5069 admin@myfamilypodiatrist.com.au *consults at The Good Health Collective - 23 King William Road UNLEY on Tuesdays*	T: 8362 9969	
Jared Bourke Advanced Podiatry	2 Sunnybrook Dr, Wynn Vale 5127 67 Bridge St, Kensington SA 5068	T: 8289 5711 T: 8274 2152	

SPEECH PATHOLOGISTS

You can access speech therapists privately without referral. However, referral to a speech therapist under a Chronic Disease Management Plan (CDMP) from your GP allows you 5 subsidised visits to allied health professionals per year. You may also access subsidised speech therapy if you are eligible under My Aged Care, for over 65s living at home (ph 1800 200 422) or through the NDIS if under 65 (ph 1800 800 110).

Be Heard Speech Pathology	info@beheardspeech.com.au	T: 0452 257 558 or 0408 821316	Mobile service within a 13km radius of Unley, & monthly clinic at Fullarton Living Choice Wellness . Specialise in Parkinson's related swallowing/ communication including LSVT Loud They are not NDIS or My Aged Care providers., services only available under CDMP or privately.
Natalie Williams	PO Box 323 Belair, SA 5052	T: 0409 282 002	Mobile Service across Adelaide, can travel to Pt Elliot, Goolwa, Victor Harbor, Adelaide Hills (if several clients in area) Swallowing and speech management. LSVT trained 2018, 16 yrs Parkinson's experience. Services NDIS clients who are self or plan managed, not NDIA managed
Pearson Allied Health Services (Karen and Sharon)	Unit 4, 378 Main South Road, Morphett Vale	T: 08 8322 2792	Karen works mainly with swallowing; Sharon mainly with speech difficulties Home visits, nursing home visits, services outer suburbs if several clients there NDIS clients generally no gap

Rehab Solutions Adelaide (Amy Ford & Kendal Stone)	E: admin@rehabolutionsadelaide.com	M: 0432 936 779	Over 8 years' experience each with PD patients. Have run LSVT Loud groups. Offer mobile service within an hour of Glengowrie or Edwardstown with extra travel fee
Adelaide Speech and Voice Services (Jane Backhouse and Jacqui Beaty)	2 / 191 Wakefield Street ADELAIDE 5000	T: 1800 864 232	Voice and swallowing management (not barium swallow test)
Grace Coppola-McDonald	Griffith Rehabilitation Hospital (13 Dunrobin Rd, Hove 5048) Midwest Health (678 Port Rd, Beverley 5009)	T: 0419 304 899	NDIS, My Aged Care, CDMP, Private Health, DVA
Country Health Connect Murray Bridge		T: 8535 6800	Ask for speech therapy referral form. NDIS/ MAC clients welcome. Offer the full LSVT program with allied health assistants, plus other treatments. Clients must live in this region. Do not see clients through private health or through CDMP
Good Prospects Speech Pathology :Emma Knight (LSVT Loud accredited)	58 Prospect Rd, PROSPECT 5082 179 Murray St, GAWLER 5118 9 Mary St, SALISBURY 5108 13 Denny St, BERRI 5343	T: 08 8182 3335 or 1300 012 042	One Mandarin-speaking therapist; Speech and swallowing. Can visit residential care facilities; mainly clinic based. Can see patients through NDIS, My Aged Care, CDMP, Private Health, DVA
Wendy Clarke, South Coast Speech Pathology	33 Lindsay STREET, VICTOR HARBOR, 5211	T: 0409 698 524	Sees clients through NDIS, My Aged Care, DVA, CDMP. Home visits available
Swallowing Disorders Clinic at Flinders Medical Centre		T: 8404 2269	Requires GP referral (fax 8404 2249). Provides speech therapist input and medical management from a gastro-enterologist.
Speech Pathology Services at Noarlunga Hospital		T: 8384 9233 Fax: 8384 9711	Outpatient services for people in the community (including residential care facilities) to diagnose and manage voice/ swallowing disorders. Inpatients prioritised, referrals are triaged. Treatment is individual; sometimes offer speech and language groups.
Day Rehabilitation at Queen Elizabeth Hospital		T: 8222 8169	Outpatient service. Can accept single discipline referrals for speech pathology to work on rehabilitation goals relating to speech. Requires referral.