



Parkinson's Therapy Program

A diagnosis of Parkinson's disease can be difficult to hear. The progression of symptoms can interrupt daily living activities, making life challenging and stressful. An intervention program with the right rehabilitation team can help to manage and slow the progression and severity of symptoms, and improve general fitness and wellbeing so you continue to live an independent, active and fulfilling life for as long as possible.

Place yourself in trusted hands

Your therapy team of experienced health professionals will work with you under the guidance of your rehabilitation specialist to design a program that is specifically tailored to you. This means you benefit from the most appropriate mix of allied health therapies and the combined expertise of our clinicians which can include:

- Rehabilitation medicine
- Exercise physiology
- Music therapy
- Nursing care
- Physiotherapy
- Hydrotherapy
- Dietetics
- Social work
- Occupational therapy
- Speech pathology
- Psychology

Your program may also include specialised evidence-based Parkinson's programs such as the internationally recognised PD Warrior Program®

Parkinson's disease inpatient program

Our inpatient programs are perfect if you require overnight nursing and medical care.

As an inpatient you will receive around the clock support from a caring team, while enjoying the warm and friendly feel of our boutique facility, the nutritious and delicious meals prepared on-site, and a program that incorporates nursing and a tailored mix of allied health therapies focused on your needs and goals.

When your program is complete your doctor may refer you to a day program.

Parkinson's disease day program

If you're living with Parkinson's and are looking to build your strength, abilities and independence, but do not require the medical and nursing care of an inpatient setting, a personalised day program tailored to your individual needs is the perfect solution.

The benefits

A Parkinson's therapy program can help slow down the progression and severity of symptoms and benefit overall wellbeing by:

- Building strength
- Improving movement and function
- Retraining mobility and balance
- Enhancing fitness
- Improving speech volume and clarity
- Improving memory and problem solving
- Improving mental health
- Boosting your diet and nutrition

What you can expect



An expert multidisciplinary team, skilled in neurological conditions.



A program that is tailored to your unique needs and goals.



A genuine partnership between you and your clinical team so you have choice and control.



A warm and friendly environment where you feel safe and cared for.



A fully equipped gymnasium with the latest in rehabilitation equipment and a heated hydrotherapy pool.

I'm interested. What do I need to do?

1. Obtain a referral from your GP or specialist.
2. Attend an appointment to complete an initial assessment and discuss your rehab goals.
3. Start your rehab program.



Previously known as MetroRehab Hospital

275 Addison Road, Petersham NSW 2049

T (02) 8585 4900 F (02) 9564 3064

E dayservices.RRP@royalrehab.com.au

royalrehab-petersham.com.au

