

Parkinson's Victoria is proud to present the



## PEOPLE LIVING WITH PARKINSON'S SEMINAR

**Thursday 11—Friday 12  
September 2014**

**Cost for two day seminar**  
Early bird (*valid to 1 Aug*):  
**\$90 per person**

Full price (*valid 2 Aug—8 Sept*):  
**\$120 per person**

**Cost for one day only**  
**\$60 per person**

(*either Thursday OR Friday.*  
*No early bird rate applicable*)

*Prices inclusive of GST and catering*

### VENUE

**Bayview Eden**  
**6 Queens Road, Melbourne**  
(*located at the city-end of  
Queens Road*)  
[www.bayviewhotels.com/eden](http://www.bayviewhotels.com/eden)

# Living Well Seminar

**Thursday 11—Friday 12 September 2014**

We invite you to join us for this unique seminar—*Living Well*: A patient and health care professional educational event which is being held in Australia for the first time, addressing the challenges for those who have been living with Parkinson's for some time. It will take place in Melbourne over two days, and focuses on two groups:

- **People impacted by Parkinson's (11 & 12 Sept)** focusing on the needs of people who have had Parkinson's for more than seven years; empowering them with helpful information relating to treatment and lifestyle choices.  
*Running parallel will be a stream for:*
- **Health care professionals (11 Sept)** who deliver care to people living with Parkinson's. They will be provided with important information regarding treatment options and care challenges.

Join us for this comprehensive program to interact with experts in Parkinson's care and chat with others facing the same daily challenges.

Throughout the two day program, you will learn about:

- Information on the treatment choices available for people living with Parkinson's;
- Ways of better managing symptoms encountered in advanced Parkinson's;
- Lifestyle and recreation options such as financial planning, advance care planning and travel;
- Feel empowered to take control and more effectively manage your own care.

Register by 8 September by completing the online registration and payment process at:  
<http://www.trybooking.com/FEBQ>

**Please ensure you print your ticket which also serves as your tax invoice.**

Proudly brought to you by Parkinson's Victoria. **T** (03) 9581 8700 | **F** (03) 9583 9952 |  
**E** [info@parkinsons-vic.org.au](mailto:info@parkinsons-vic.org.au) | **W** [www.parkinsonsvic.org.au](http://www.parkinsonsvic.org.au) | **ABN** 68 038 728 034



Parkinson's  
Victoria

HELP FOR TODAY  
HOPE FOR TOMORROW

# People Living with Parkinson's stream program-at-a-glance

## Thursday 11 September 2014

- 09:30 Registration
- 10:00 Managing Parkinson's
- 10:50 Managing medications
- 11:30 Morning tea
- 12:00 Continuous therapies
- 13:00 Deep Brain Stimulation
- 13:30 Lunch
- 14:15 Getting help and emotional support
- 15:00 Safe stays in hospital
- 15:30 Afternoon tea
- 16:00 Painting with Parkinson's

17:00 Close

## Friday 12 September 2014

- 09:00 Registration
- 09:30 Non—motor aspects of Parkinson's
- 10:20 Continence and sexuality
- 11:00 Morning tea
- 11:30 Planning ahead, advance care planning, legal issues
- 12:15 Getting help at home
- 13:00 Lunch
- 13:30 Carer support
- 14:15 Workshop sessions:
  - Financial planning
  - Travel and insurance
  - Dancing with Parkinson's
  - Painting with Parkinson's
- A Carer specific workshop, exploring:
  - manual handling, diet & nutrition,
  - accessing respite, looking after yourself

16:00 Close

## ACCOMMODATION

Conference accommodation rates are available at Bayview Eden for the nights of 10 and 11 September 2014: \$140 per room, per night, nett (room only). Including one breakfast—\$160, nett or including two Breakfasts—\$180, nett. Call the hotel on (03) 9250 2222 or email [reservations.bem@bayviewhotels.com](mailto:reservations.bem@bayviewhotels.com) to book directly, mentioning this event.

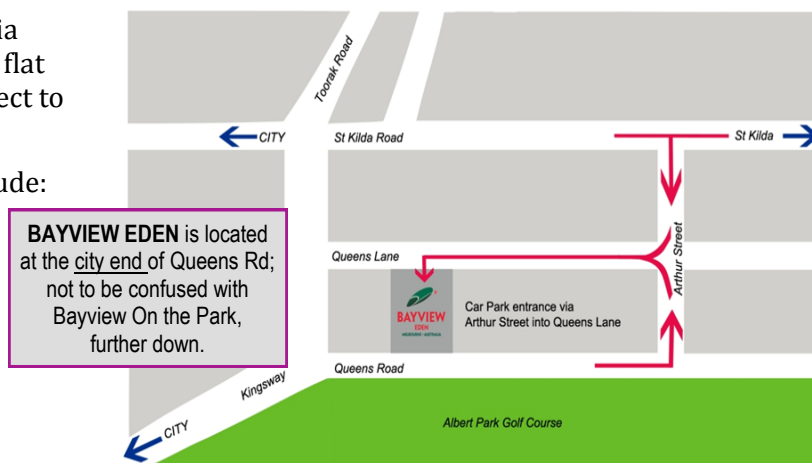
## GETTING THERE

**PUBLIC TRANSPORT** – three minutes walk from stop # 22 on St Kilda Road, from the CBD. (St Kilda Road runs parallel with Queens Road). Tram numbers 3, 5, 6, 16, 64, 67 and 72 will bring you from Flinders Street Station, down St Kilda Road. At Flinders Street, you can connect with further trams and trains. Visit: [www.metlinkmelbourne.com.au](http://www.metlinkmelbourne.com.au) for other schedules.

**PARKING** - the Hotel car park is accessible via Queens Lane. Limited parking is available at flat rate of \$12 per car, per day and space is subject to availability.

Other car parks within walking distance include:

- Secure Parking—417 St Kilda Road;
- Kings Parking—452 St Kilda Road;
- Prime Parking—12 Queens Road;
- Ace Parking—2 Bowen Crescent.



**PARKINSON'S VICTORIA** is a non-profit, community-based organisation that since 1981 has provided support services to those living with Parkinson's and those working with Parkinson's patients.

Our Health Team, with professional backgrounds in nursing, health promotion, counseling and mental health, provides a wide range of support services to assist individuals in managing their condition, improve their quality of life and reduce the impact of Parkinson's on individuals, families and the wider community.