



Annual Report  
2015 - 2016



Make  
Parkinson's a  
Priority

# Our Team

## PATRON:

His Excellency the Honourable  
Hieu Van Le AC  
Governor of South Australia

## PRESIDENT:

Assoc Prof John Power

## TREASURER:

Steve Whitehouse

## MANAGEMENT COMMITTEE:

Alison Ballantyne (deceased 20 July 2015)  
Barbara Celmer (until 2 Nov 2015)  
Tony Harris (until 2 Nov 2015)  
Miriam Whitford (until 2 Nov 2015)  
Assoc Prof Rob Wilcox (until 2 Nov 2015)  
Gus Abimosleh (from 2 Nov 2015)  
Paul Davies  
Hon. John Doyle (from 2 Nov 2015)  
Neil Holthouse (from 2 Nov 2015)  
Helena Kyriazopoulos  
Geoff McKinnon  
Alison Perrott (from 2 Nov 2015)

## CHIEF EXECUTIVE OFFICER

Christine Belford

## AGED CARE PROJECT OFFICER

Norman Radican

## GROUP PROGRAMS COORDINATOR

Anne Heard

## CLIENT SUPPORT/EDUCATION

Stevie Ferguson (until Aug 2015)  
Margaret Stevens  
Paula-Jean Hayes

## COMMUNICATIONS AND DEVELOPMENT COORDINATOR

Olivia Nassaris

## ADMINISTRATION SERVICES

Isabelle Brett  
Judy White

## OFFICE VOLUNTEERS:

### IT & WEBSITE

Glenys Besselaar

### ADMINISTRATION

Josephine Kirby  
Sandie Clarke  
Denise Christopher

### IN MEMORIAM DONATIONS

Monika Kruger

### HACC ADMINISTRATION

Barb Hand

### LIBRARY MANAGEMENT

Karen Puttock

# Sponsors & Supporters

Supported by the Australian Government Department of Health



Government of South Australia  
Community Benefit SA

Diversity project for 2016/17



Silver sponsor of *A Walk in the Park* 2015



Bronze sponsor *A Walk in the Park* 2015



Bronze sponsor *A Walk in the Park* 2015



Bronze sponsor *A Walk in the Park* 2015



Bronze sponsor *A Walk in the Park* 2015



General grant to assist the work of  
Parkinson's SA



Grant to support the *Dance, with Parkinson's, Expanding Horizons through Art* programs and *Inspiration Art* program



Grant to support the *Dance, with Parkinson's* program



Parkinson's SA Board Members (L to R): Neil Holthouse, Alison Perrott, Gus Abimosleh, Steve Whitehouse, Helena Kyriazopoulos, Geoff McKinnon, John Doyle, John Power, Paul Davies, and Public Officer - Christine Belford.



## President, John Power

Last year Parkinson's SA welcomed three new members to the Board, each bringing their specific expertise and skills: Hon John Doyle, former Chief Justice; Alison Perrott, Senior Adviser, Investments & Portfolio Strategy with Ord Minnett; and Gus Abimosleh, Business Performance Improvement Manager, Helping Hand Aged Care. Their expertise and that of all the current Board has helped steer us through the financial difficulties that the Board and staff faced in the second half of the financial year. These difficulties saw the Board make the hard decision to reduce services and hence staffing costs from 1 July 2016 in order to maintain our cash reserves. A bequest and several large donations towards the end of the financial year brought much needed relief. Christine's previous efforts in securing recurrent Government funding has meant that we were never at risk of closure, but the facts are that this still only provides 40% of the funding needed to keep our organisation running full time. We need to be constantly vigilant and continue to draw in extra funds from donations, grants and fundraising to make up the balance.

After the sudden death of Alison Ballantyne last year, the Board established the Alison Ballantyne Scholarship in her honour, funded by a donation from Geoff and Donna MacKinnon which in conjunction with the Norman Weir Scholarship, gives us two annual research scholarships. This year Bianca Guglietti and Dylan Marsh were awarded these scholarships respectively, both were from the School of Health Sciences at the University of Adelaide. This year the Board provided an additional scholarship to Eileen Ting, Masters Student in Physiotherapy, Flinders University for her work with forced rate cycling and Parkinson's. We

hope that these three students will be encouraged to continue to contribute to Parkinson's research in the future.

Prior to the last election, the SA Government promised the Parkinson's community four Parkinson's nurses. Bringing this to fruition has required constant pressure, particularly from Christine, and we have been advised that we will see the final appointment by the end of 2016. There will then be a Parkinson's nurse at Flinders, Royal Adelaide and Modbury Hospitals, and one located in Country Health SA to service country patients. This is a great achievement and we are proud of the advocacy taken by Parkinson's SA to bring this to fruition.

The selling of the Repatriation Hospital site to RSL Lifecare has presented an opportunity for Parkinson's SA to be part of the exciting new developments which will take place at the site from 2017. We have submitted a proposal to be included in the development. Planning is still underway and no decision about moving to the site will be made without full consultation with our members, and without a full risk/benefit analysis.

I would like to thank Olivia Nassaris for all of her efforts in communications and fund raising. The 2015 *A Walk in the Park* was a great success with increased revenue from previous years. The Quiz Night also broke all previous records as a fundraiser. These events raise much needed funds but are also very important for building a sense of community and for raising public awareness. Given the enormous impact that a bequest can make, the organisation will also be supporting more efforts to encourage bequests to Parkinson's in the future.

The coming years are set to be challenging with potential changes to government funding policy, but where there are changes there are opportunities. I believe we have a skilled Board and a committed Parkinson's team which can face

these challenges positively and continue to support the Parkinson's community.

I would especially like to thank the staff in the Parkinson's office for all their efforts during this difficult year. Their professionalism and commitment are greatly acknowledged. Thanks to my fellow Board Members who have worked with great dedication to the Parkinson's cause. I especially acknowledge Paul Davies who represents PSA on the Parkinson's Australia Board. Paul has worked tirelessly to build a strong national organisation as President, and more recently as Treasurer. Finally, thanks to all those that have contributed to PSA to make it such a vibrant organisation.

Christine Belford, our CEO for the last ten years will retire at the end of the year. I can't speak highly enough of Christine as she is largely responsible for the organisation excellence we have today. Christine has been committed to PSA and the community that it supports and has built a highly skilled and passionate team around her. Christine has had many achievements during this time, including establishing a great staff culture within the PSA office. She obtained recurrent government funding for the organisation from 2011, ran an extremely successful national conference and has been instrumental in obtaining the Parkinson's Nurse positions for SA. She has been a staunch supporter of Parkinson's Australia, obtaining funding for the development of a national training package for residential care. In particular she has managed the affairs of PSA, financially, socially and externally with great composure and diplomacy.

Christine has made a magnificent contribution to PSA and it will be very difficult to replace her.

For me it has been a great privilege to work with Christine and I wish her and her partner Mike every success and happiness in retirement.



## CEO, Christine Belford

Well, 2015-16 had its rocky moments as we faced a financial downturn and the decision was made to close our doors for one day per week from July 2016. However, in spite of the financial insecurity it has been another year of outstanding work by the staff and volunteers. It was also pleasing to see the financial situation recover significantly again by the end of the financial year - due to staff efforts, a bequest and generous individual and philanthropic donations.

Under the effective project management skills of Norman Radican, the three year national Aged Care Project, funded under the Federal Government, Aged Care Service Improvement and Health Ageing Grants program was completed. Sadly this also meant that Norman's contract with PSA was completed and he finished up on 30 June. In collaboration with the other state and territory organisations, this project produced and evaluated a foundation training package for staff in residential care facilities, about the care and management of residents with Parkinson's. The formal evaluation of the package was undertaken by Kate Barnett and Sara Howard of the University of Adelaide's Australian Workplace Innovation and Social Research Centre, and demonstrated positive assessment of the package, and the learning outcomes for participants. Although the project is officially complete, an e-learning module of the package will be developed next year which will provide internet access to the training of many more individuals. Parkinson's SA applied for and managed this grant on behalf of Parkinson's Australia, both to

achieve the aim of a consistent national approach to training; to demonstrate a model of federal funding that would benefit all states and provide income to the national office, and to the state organisation managing the project.

We were sorry to see Stevie Ferguson leave the Support Team last August to return to the UK. Social workers, Paula-Jean Hayes and Margie Stevens were able to pick up some extra hours and continued to provide a fine service to our clients, working collaboratively with Anne Heard, Coordinator of Group Programs. As well as the innovative *Finding Calm* courses, the Team has worked to continue to provide Art, Dance and Photography options, as well as special activities for family carers and younger people with Parkinson's.

This year has seen the transition from our recurrent Home and Community Care (HACC) funding to three different streams of funding; the Commonwealth Home Support Program, Disability Carer Support, and state based funding for services for people under 65 from the Department for Communities and Social Inclusion. In the next two years there will be even more dramatic changes as the government moves to a consumer directed model, not just through the NDIS for people under 65, but for all those in the aged care category as well. We have started positioning ourselves as a specialised support organization, and lobbying with other similar condition based organisations who consider that block government funding will still be required in the future for the kinds of information, education and support services that we provide.

Olivia Nassaris, Communications and Development Coordinator, has redirected the focus of fundraising, concentrating on

events and activities that are more cost effective. She has been successful in attracting more sponsorship to Parkinson's SA, obtaining significant media stories, and has greatly expanded our social media reach, especially through Facebook.

As an organisation, we continue to take pride in our customer service and administrative systems, and acknowledge the 'above and beyond' service provided by our Administration Officers, Judy White and Isobelle Brett. Parkinson's SA and our clients are also supported by many volunteers: those who regularly work in the office, those who help with Support Groups, and those who help with events. This year I highlight the work of Glenys Besselaar who has been our IT and website volunteer since 2011.

PSA is a member of Parkinson's Australia and has continued to be a positive contributor to the development of the national organization. I have participated in monthly teleconferences and quarterly face to face meetings with the other state CEOs. Parkinson's SA has continued to support the work of the national CEO, Steve Sant, and has also contributed to national outcomes through brokerage of the time and skills of Olivia Nassaris, to work as the national Campaigns and Communications Manager two days a week. PSA has supported the national agenda to *Make Parkinson's A Priority*, by advocating for the needs of people affected by Parkinson's at meetings with Federal MPs - Rowan Ramsey, Alex Gallacher, David Fawcett, Anne McEwan, Simon Birmingham and Sean Edwards and I attended the launch of this campaign hosted by the Parliamentary Friends of Parkinson's Group in Canberra. I would like to acknowledge the outstanding contribution made



to this event by Monica Hall, a South Australian with Young Onset Parkinson's, who spoke passionately and movingly about her personal experience with the condition.

On the local level, we have continued to push for the Government's 2014 election promise for four Parkinson's Nurses to be fulfilled. In 2015-16 a second nurse position was established at Modbury Hospital, and talks continued with the Minister for Health and SA Health to establish funding for a nurse at the Royal Adelaide Hospital and for country regions. In this campaign we have been particularly assisted by state MPs, Frances Bedford, Nat Cook and David Speirs. On 10 September 2015, these three Members of Parliament put a motion in the House of Representatives praising the great work done by Parkinson's SA and the value of the Parkinson's Nurse positions for people affected by Parkinson's. Our work has also regularly been supported by Kelly Vincent MLC.

As this is my final annual report I would also like to sincerely acknowledge the ongoing commitment of all the volunteers who oversee and have overseen the governance of the organization through service on the Committee of Management, last year transitioning to a Board. I have worked with three Presidents, Andrew Dow, Irene Gibbons, and for the last 6 years, Associate Professor, John Power. I would like to pay tribute to their commitment and ongoing contribution to the South Australian Parkinson's Community. Personally it has been a privilege to work for Parkinson's SA. I take pride in the achievements that have come to fruition under my watch and thank all those who have helped me during these satisfying 10 years of service.

## Parkinson's SA Highlights

945

Counselling & support sessions

17

Statewide Support and Education groups

53

Specialised Support groups sessions held

29

Home visits & visits to Aged Care Facilities for counselling

85

Dance with Parkinson's classes

10

Photography classes

48

Brushlines Art classes

4

Finding Calm courses, each for 4 weeks

39

Caring for People with Parkinson's training courses

618

Aged Care workers trained



## Treasurer, Steve Whitehouse

I am pleased to present my report for the financial year 2016-2016. The result for the year was disappointing from a financial perspective as it resulted in an operating loss of \$52k although the result this year was much better than last year which was a loss of \$86k.

There were however a number of positives. Revenues this year were \$110k up compared with last year. Grants both recurrent and non-recurrent were up by \$20k, bequests were similar to last year and donations were up by \$48k. It was also pleasing to see that fundraising revenue increased significantly.

Expenses this year were \$76k up compared with last year. Computer costs were up by \$10k. Consultancy fees were up by \$35k relating to the Aged Care Service project. Printing & Stationery costs were down by \$9k again relating to the Aged Care Service Project. And finally Employment costs were up by \$35k due to minimal staff turnover during the year leading to an increase in the provisions for leave entitlements.

Significantly the cash loss for the year ended June 2016 amounted to \$43k hence cash reserves dropped from \$240k to \$197k. This drop would have been far greater were it not for a large \$25k bequest

received in June, significant donations received in May and June (above budget by \$35k following the appeals letters to members) and a \$35k unbudgeted grant received in June that will be expended next year.

The Board continues to monitor the cash position of the organisation monthly to ensure it is "living within its means". Financial sustainability is a major key focus of the Board and to that end the Board, during the year, established a committee to review the forecast cash position. It was that review that led to the difficult decision late in the year to reduce staff costs by 20% with effect from the beginning of July 2016. Thankfully the receipt of a \$48k bequest in July together with the above noted improvements in the cash position at the very end of the 2016 year allowed the Board to approve the resumption to full staffing from September 2016. Net assets at June 2016 were \$254k compared with \$304k last year.

Last year I reported on the need to increase the revenue base and the reliance the organisation has on receiving generous donations and bequests together with the continued support of Governments both State and Federal. That position has not changed. The organisation must return to profitable operations and positive cash flows and this is a major focus of the Board and the Chief Executive Officer.

### Financial

#### Summary of results

Income statement	2016	2015	Change
\$A000s			
Grant Revenue	408	388	20
Donations	176	128	48
Other Income	226	184	42
Wages and Salaries	(438)	(403)	(35)
Services Provision	(97)	(62)	(35)
Other Expenses	(327)	(321)	(6)
Operating Deficit	(52)	(86)	35

Financial position	2016	2015	Change
\$A000s			
Current assets	213	243	(30)
Non current assets	41	61	(20)
Total assets	254	304	(50)
Current liabilities	(141)	(143)	2
Non current liabilities	(24)	(19)	(5)
Total liabilities	(165)	(162)	(3)
Net assets	89	142	(53)

# Communications & Development, Olivia Nassaris



## Advocacy

Prior to the launch of Parkinson's Australia's 'Make Parkinson's a Priority Action Framework' in March 2015 all South Australian MPs and Senators were contacted to ensure they had received the invitation, that they were aware that a South Australian - Monica Hall was speaking at the event, and representing people living with Parkinson's. A request was also made to schedule a meeting with them before the event to lay the foundation for the framework. The CEO, Communications and Development Coordinator and client representatives Rikki Howard, Annie Tonkin or Pamela Eacott met with six Federal members and successfully lobbied them all to join the 'Parliamentary Friends of Parkinson's Group'.

## Communications

Intouch has been produced and distributed as scheduled and has established a more professional content structure over the last year.

The Parkinson's SA Facebook page has increased its 'likes' significantly reaching over 1,000 this year. It has become an active medium to advertise events, share relevant news stories, and to update the community on the activities of the organisation. The post on how 'Parkinson's SA was forced to cut 20% from its budget to survive' was by far the largest "reach". The coverage achieved from that media release led to some significant donations to the organisation, and support from the community in general.

Thanks to volunteer Glenys Besselaar, the website is an accurate and current resource for members and the community.

## Fundraising

It was necessary to review the number of fundraising events that PSA organised and participated in to ensure that the return on investment for each event was adequate. Adding to this was the reduction in hours of the Communications and Development position from the previous financial year.

*A Walk in the Park* 2015 was my first year organising this major fundraiser, held for the second year at Bonython Park. My aim was to decrease unnecessary expenses in the organisation of the event, and to increase sponsorship to cover the cost of expenses - thus leaving registrations and fundraising as profit.

The day ran smoothly due in large part to the contribution of some wonderful volunteers, as well as Parkinson's SA staff. Simon Pilley and Olivia Makrid managed the volunteer input for the day. Volunteers from the Port Adelaide Athletics Club, and the Masters Athletics Club of South Australia, under the guidance of Stanley Miller OAM, managed the logistics for the day, ensuring that participants had a safe and enjoyable Walk. For the sixth year in a row, volunteers from the City of Adelaide Lions Club, led by Dean Scott.

Fundraising from the day and from individual Everyday Hero campaigns raised over \$39,500, a \$16,500 increase from the previous year.

A relationship was established with the Weeks Group, and a contract drawn up by which PSA

supported their *Pedal for Parkinson's* fundraising event which raised just over \$200,000 - 5% going to PSA and 95% to Parkinson's research. This has proven to be a beneficial ongoing relationship for the organisation.

The High Tea was held in March, and although the event was successful it needs to be reviewed, as it has a limited profit margin. The event was supported by local businesses Denim Inequity, My Style Bar, Carla Zampatti, and Powell Models. Amelia Mulcahy graciously hosted the afternoon.

Movie nights have proven to be a low risk and low cost fundraising event which are enjoyable and importantly, enables the Parkinson's SA community to enjoy socialising.

The Parkinson's SA 2016 Quiz Night was the biggest yet. A record number of thirty two tables filled the Goodwood Community Centre. The event raised over \$12,500; which is \$4,000 more than last year - an amazing result.

A special thanks to Peter Richards and David Thorpe who worked tirelessly collecting prizes for the quiz night over the years. Sadly, both have had to retire from this voluntary position, and Parkinson's SA must thank them both for the connections that they have established with businesses.

Thanks to Lyndon Radbone and Carolyn Revell who took over this role in 2016 and were very successful in following up past donors and establishing new relationships.





# Client Services, Margie Stevens and PJ Hayes

## The Support Team

The client service support team, comprising social workers Paula-Jean Hayes (PJ) and Margaret Stevens (Margie), worked closely alongside Anne Heard, Group Programs Co-ordinator, in a very busy and productive year. Despite each being part time, much was achieved. Margie and PJ shared daily responsibility for core duties: responding to support line calls, engaging with clients and numerous email enquiries. Counselling, advice and education were provided for individuals, couples and families.

Over 1000 counselling sessions were provided across 12 months—about 500 sessions were for those with a movement disorder, and over 400 with their carers/relatives. The team facilitated 114 sessions for people with Parkinson's under 65, or their family members. 88 information packs containing key introductory PSA brochures and fact sheets were distributed.

Clients often requested information to stay independent at home, move into residential care or adjust to changed symptoms. They sought referral to appropriate programs, services and activities.

This year, more people seemed to contact workers regarding rarer neurological *Parkinson's Plus* conditions which progress more rapidly and require specialised response. Often these people found that medical practitioners had little more to offer them: a service gap the team steps in to address.

## Team meetings and Professional Development

Weekly team meetings were vital for internal planning and communication; to raise issues of concern; exchange information; reflect on what was going well and to explore fresh ideas. Representatives from external organisations and agencies were also invited to keep support workers abreast of community services and resources so that clients receive current, accurate advice. This was especially critical for staff to comprehend and navigate the significant reforms of My Aged Care and the introduction of the National Disability Insurance Scheme. Built networks also allowed relevant stakeholders to gain an understanding of PSA's purpose and support structure.

## Sources of contact

Increased referrals came from health practitioners, plus assessors attached to My Aged Care. PSA support services were actively promoted via the organisation's own bi-monthly *Understanding Parkinson's* community awareness seminars delivered in Adelaide, Eyre and York Peninsulas. PSA support group leaders encouraged members to contact support staff to discuss personal situations and access advice to appropriate services. Where possible, Margie and PJ visited these groups, introducing themselves and explaining how they could assist clients.

## National Aged Care Staff Training

The National Aged Care Training

package continued to be rolled out. These education sessions, targeted at improving care outcomes, form a source of PSA revenue. The support team trained over 618 residential aged care workers over 39 sessions across SA, including 2 delivered via video link to regional areas. A growing number of aged care facilities undertook annual or repeated training to refresh competencies and equip new staff with better knowledge. Margie also contributed to developing an online version of this National Training Package, currently in its final approval stage.

## Parkinson's Clinic

Fortnightly, Margie participated in the Parkinson's Rehabilitation clinic at the Repatriation General Hospital alongside Dr Margaret Bulling, Geriatrician. The clinic offers people the opportunity to monitor and re-evaluate diagnosis, medication and symptom progression, and intensive, multi-disciplinary re-habilitation programs that can be put in place. This remains a valuable collaboration: the team frequently refer PSA clients to the clinic, while clinic patients can learn about PSA activities, groups and seminars.

## Groupwork

*Finding Calm*, a small group counselling course using the ACT model of therapy, regularly appeared on the PSA calendar. Facilitated jointly by both social workers, the program was offered separately for people with Parkinson's and for family carers. Participants facing significant challenges were taught ways to



# Aged Care Training Project, Norman Radican



more confidently handle difficult thoughts and feelings. Feedback from around 30 people who attended these sessions endorsed their effectiveness.

PJ prepared and delivered several seminars for the *Learn Now Live Well* series for people affected by Parkinson's diagnosis within the last 5 years. Margie took a leading role in the *Family Carer, 20's to 50's* and *Parkinson's Plus* support groups; while PJ fostered the new gathering of *Women with Parkinson's*.

Both workers attended various general support groups to speak on topics of interest.

## Documentation

Support team workers increased their skills in utilising the PSA database. The system captures mandatory data collection related to government funding. Beyond this, under strict privacy protocols, detailed records assisted the support team to deliver consistency and continuity of service. Moving ahead database evidence and information could be drawn upon more for analysis and planning.

The *Caring for People with Parkinson's Project* was designed to improve the quality of life for people with advanced Parkinson's who are in residential care by developing a national training package in the care and medical management of residents with Parkinson's disease, and marketing and promoting the uptake of the package to residential care facilities. The Project was funded by the Federal Department of Health and Ageing, under the Aged Care Service Improvement Health and Ageing Grants Fund. Activity delivery was overseen by the Project Officer, Norman Radican from 1 October 2015 to 1 June 2016.

## OUTCOMES SUMMARY

- The continued development of working relationships / partnerships with Residential Aged Care Facilities in each state and territory;
- The development of national and state communication, marketing and promotion strategies for the National Aged Care Training Package;
- Significant consultation with the National CEO Network and state-based educators to discuss marketing, promotion and each state association's capacity to provide, facilitate and evaluate the National Aged Care Training Package;
- Liaison with, and the coordination and supervision of the provision, facilitation and evaluation of the National Aged Care Training Package in each state and territory;
- National coordination of the on-going data collection, evaluation, analysis and reporting on the National Aged Care Training Package in conjunction with WISeR / The University of Adelaide;
- Improvement and refinement of National Aged Care Training Package and learning resources based on the evaluation feedback from the Parkinson's Nurse Educators;
- The on-going development and distribution of the 6 month and 12 month Survey Monkey post-intervention evaluations with staff of residential aged care service in conjunction with WISeR at The University of Adelaide;
- The development and distribution of the 6 month Survey Monkey post-intervention evaluation with care managers of residential aged care service in conjunction with WISeR at The University of Adelaide;
- Re-establishment of the National Working Group of Parkinson's Nurse Educators to oversee the development of the National Aged Care Training Package as an E-Learning Resource
- On-going work with an E-Learning Resource Organisation (Practical Learning Solutions) on the development and production of the National Aged Care Training Package as an E-Learning resource;
- Completion and distribution of the WISeR Evaluation: Reports;
- Funding for this project ceased on 30 June 2016. All original milestones were met with the development of the E-Learning Resource scheduled for the end of July 2016.

This project was initiated and managed by Parkinson's South Australia, on behalf of Parkinson's Australia.



# Group Programs

## Groups

Across the state, Groups continue to provide valuable information and support, as well as recreational and exercise programs for people affected by Parkinson's. In areas where there is no current group, key health professionals have been identified to provide support and information to people with Parkinson's and their family members and to refer them to Parkinson's SA. Of the 24 Support/Education groups there are 7 specialised groups meeting identified needs. These include those with young onset Parkinson's (*20's – 50's group*) and those who experience movement disorders other than Parkinson's (e.g. Dystonia, Progressive Supranuclear Palsy, Multiple System Atrophy, Cortico-Basal Degeneration). The *Focus on Family Carers* Group continues to support those caring for a relative with Parkinson's. The Deep Brain Stimulation group provides a valuable forum for discussion about DBS surgery between those who have undergone the treatment and those considering it. A *Women with Parkinson's* group was established early this year.

Recreational groups include the weekly *Brushlines Art* Group, the *Parkinson's Pedallers* Cycling Group, the *Photography* Group and three weekly 'Dance with Parkinson's' Groups. PSA refers clients to a growing number of organisations which provide Parkinson's specific exercise programs.

## Programs for Family Carers

Funding was received from the Carer Support and Respite Centre, through the Retreat Program and the 'It's Your Life' Dementia Project to hold a Carer Retreat outing in July 2015, and a Carers' Information and Relaxation Day in May this year. Parkinson's SA continues to seek opportunities to partner with other organisation to increase awareness of Parkinson's and support those living with the condition.

## Young Onset Parkinson's

The *Living Young Living Well* Forum was held in May this year bringing together 28 young people for presentations and workshops on living with young onset Parkinson's. Funding from the Julia Farr MS McLeod Benevolent Fund assisted with travel and accommodation for two participants from Eyre Peninsula. The *20's – 50's* group now meets monthly alternating support/education opportunities and social activities.

## Dance with Parkinson's Program

Following the successful *Dance with Parkinson's* pilot program earlier in the year, funding was secured through a City of Unley Community grant to establish a program at Clarence Park. A further program was commenced in October in the Burnside area, and a third, funded by the City of Onkaparinga in April this year. The Onkaparinga program brings together people with Parkinson's as well as those with other mobility issues, ensuring larger classes

and more sustainability for the program. Funding was received from the City of Alexandrina for the first regional pilot program to commence in Goolwa later in July.

## Art programs

From its beginnings in 2009, the *Brushlines Art* group continues to meet weekly and has grown this year, attracting several beginners who are learning new skills and discovering their creativity. Community grants from the City of Unley have funded artists to provide tuition in various techniques with opportunities to exhibit the artworks. Artworks were displayed in the Unley Inner Art Gallery (Council Chambers and offices) for 4 months starting in Parkinson's Awareness month in September. In April this year artworks from the group were exhibited in the *Inspiration Exhibition* along with photographs from the Photography group and poetry expressing the lived experience of Parkinson's. The eighty exhibits represented the creative work of 29 people living with Parkinson's.

## Group Leader changes

The passion and commitment of the many group leaders across the state continues to be vital to the effectiveness of groups in meeting the diverse needs of people living with Parkinson's in the community. There have been many leadership changes in the last year.

Natasha Clarke has assumed facilitation of the Tumby Bay Parkinson's group with the support of Anne Hall and Eileen Weiss.

# Group Programs continued

Parkinson's SA acknowledges the valuable contribution of Oakley Dyer who has facilitated the group since he and his wife Betsy established it 9 years ago. Oakley has worked tirelessly, raising community awareness of Parkinson's and gathering people living with Parkinson's from all over Eyre Peninsula for education and support to live well with the condition.

Susan Poole from Carers' Link Yorke Peninsula assisted in the development of a new Parkinson's group in Northern Yorke Peninsula and now facilitates this group and the re-established Southern Yorke Peninsula group.

Craig and Sue Bastian assumed leadership of the Southern Fleurieu Parkinson's group, previously facilitated by the Health Service. They bring their previous experience in facilitating the Deep Brain Stimulation group for several years.

## Group Leaders' Seminars

Group leaders participated in four Group Leaders' seminars over the year and had the opportunity to attend *Learn Now Live Well* and *Moving Ahead with Parkinson's* seminars on a range of topics.

These are opportunities for group leaders to update their knowledge about relevant issues as well as share ideas about programming and group facilitation strategies.

## Regional Outreach

During the year, the Client Services team has visited groups and conducted seminars and/or professional training in the South East, Yorke Peninsula, Southern Fleurieu Peninsula, Barossa, and the Lower North.

## Seminars

Monthly *Learn Now Live Well* seminars have been held for those with a recent diagnosis of Parkinson's and their family members. In response to growing interest the *Moving Ahead with Parkinson's* seminars, with topics relevant to those who have experienced Parkinson's for several years, are now also being held monthly.

As well as seminars held in various metropolitan and regional areas, bi-monthly *Understanding Parkinson's* seminars at Parkinson's SA were scheduled as a general introduction for people with Parkinson's, their family members, friends and the wider community.

In addition to delivering training in aged care facilities, *Insight* seminars for health professionals have been held covering topics relevant to the care of people with Parkinson's in acute and allied health settings.





Photos

