

Movers & Shakers

PARKINSON'S SYMPOSIUM FOR PEOPLE WITH LIVED EXPERIENCE

Please join us for a fantastic morning of education & networking.

Where: Mercure Hotel, Scully Park, Kent St, Tamworth. **When:** Saturday 23rd July 2023, 8.45am – 12pm

Cost: Free (Lunch & Morning tea provided). **RSVP:** Please visit <https://www.eventbrite.com.au/e/movers-shakers-parkinsons-symposium-for-people-with-lived-experience-tickets-34697222257> to register

TIME	LIVED EXPERIENCE PROGRAM	PRESENTER
9.00 am	Registrations & Welcome	PHN
9.10 am	<p>The Shake It Up Foundation: Clyde will share his personal story with Parkinson's and the different ways he has adapted to this life-changing event, including the journey of starting the Shake It Up Australia Foundation and how the partnership with The Michael J. Fox Foundation evolved.</p> <p>Clyde will also talk about the achievements of the foundation, the exciting progress that Parkinson's research is making both worldwide and in Australia and the many ways that everyone can get involved to help us achieve our mission to prevent, slow and stop disease progression while ultimately leading us to a cure</p>	Clyde Campbell AM
9.40 am	<p>Beyond LOUD – Voice Therapy options: Colleen will outline several treatment options for people with Parkinson's, including group and tele-treatment options. Colleen will discuss evidence for current treatments and give an overview of emerging treatments including wearable technologies. Colleen will provide a practical demonstration of Parkinson Voice Project therapies and offer tips on free online resources to get people with Parkinson's working hard to save their voice and swallow function.</p>	Colleen Kerr
10.10 am	<p>Physiotherapy for Parkinson's: the what, why and how: Physiotherapy is as important as medicine for people with Parkinson's. This talk will give an overview of what physiotherapy for Parkinson's is and why it works.</p>	Dr Natalie Allen
10.40 am	Morning Tea	
11.00am	<p>It takes a team: Multidisciplinary care: It is widely evidenced that effective care of patients with Parkinson's should involve a multidisciplinary team of health professionals. Andrew and Jo, discuss how to optimize your multidisciplinary care.</p>	Andrew Mahony & Jo Lavelle
11.30am	<p>Get Moving and Shaking! For people with Parkinson's, exercise is not only healthy, but a vital component to maintaining balance, mobility and daily living activities, along with a potential neuroprotective effect. Kathleen will guide you through Parkinson's safe exercises and programs that are proven to slow the progression of the disease</p>	Kathleen Voon
11.45am	Evaluation & Close	PHN
12.00 pm	Lunch	