

SGH Parkinson Support Group 2018

Parkinson's disease is a life-changing illness that affects many aspects of a person's life. Some changes such as tremors and rigidity have observable qualities; however, other changes can only be described by the person with Parkinson's Disease. Support groups let you the patient, know that you are not alone and can provide you with an opportunity to share with others any information on individual experiences that you have. Members will also listen to what you have to say. Support groups can help you and your caregivers mentally and physically through group exercises, sharing of personal experiences and social meetings.

VENUE: SGH Learning Space (Block 6 Level 1)

TIME: 11:00 AM to 1:00 PM

CONTACT: Nurse Usanee at 92953331 (email: neurocare@sgh.com.sg)

Dates (Monday)	Topics*	Speaker
8 January	Group Discussion – Stress Management	Nurse & neuropsychologist
5 February	Music Therapy and Parkinson	Music Therapist
5 March	Understanding Parkinson's disease	A/Prof Prakash Kumar
2 April	Dancing as therapy for people with Parkinson's disease	Physiotherapist
7 May	Coping with Parkinson's Disease	Medical Social Workers
4 June	Cognitive strategies for enhancing occupational performance	Occupational Therapist
2 July	Understanding your Parkinson's medicines	Pharmacist
6 August	Swallowing and communication strategies	Speech Therapist
3 September	Nutritional management in Parkinson's Disease	Dietitian
1 October	Movement into wellness	Neuropsychologist
5 November	Parkinson's Wellness Recovery!	Physiotherapist
3 December	Year End Party	ALL

* Programme is subject to changes