

# Community Health Movement Disorders Pilot Service



The Community Health Movement Disorders Pilot Service aims to keep people with movement disorders living in the community longer with improved quality of life. It is a public allied health service that specialises in movement disorders.

## What are movement disorders?

Movement disorders are a group of neurological conditions that can affect people of all ages that cause either increased movements or slowed or reduced movements. Common movement disorders include:

- Parkinson's disease
- Atypical parkinsonian disorders
- Ataxia
- Dystonia
- Huntington's disease
- Essential tremor

## What should I expect from this service?

All clients attend an initial in-person clinic appointment with a Physiotherapist for:

- Expert clinical assessment, support, and advice
- Tailored education
- Referrals to appropriate community programs or agencies
- Development of a care plan for follow-up and holistic care

## Is there a cost for this service?

There is no cost for attending the Community Health Movement Disorders Pilot Service.

## Am I eligible?

To be eligible for this service, you must:

- Have a diagnosed movement disorder such as Parkinson's disease AND
- Live within the catchment area of Nepean Blue Mountains Local Health District AND
- Be aged 18 years or older AND
- Be living in the community, but not in a residential aged care facility AND
- Be able to attend an in-person clinic appointment

## How can I be referred?

Discuss with your neurologist or movement disorder specialist about referral to this service.

## I have been referred, what's next?

When an appointment is available, you will be contacted by the Movement Disorders Service to arrange for you to come in.

## Where do I go for my appointment?

The service is located at Lemongrove Community Health Centre in Penrith.

## Contact the Movement Disorders Service

Enquiries can be sent to NBMLHD-  
CommunityHealthMovementDisorders@health.nsw.  
gov.au

Lemongrove Community Health Centre  
13-29 Gascoigne Street  
Penrith NSW 2750  
Phone: (02) 4734 4800