

SGH Parkinson Support Group 2020

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)

Exercise (Physiotherapist): 11:00AM – 11:30AM

Programme Topic: 11:30AM – 12:30PM

Refreshments: 12:30PM – 1PM

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

Dates (Monday)	Topics*	Speaker
6th Jan 2020	Knowing me-Knowing You	Art Therapist
3rd Feb 2020	Medication for Parkinson: What do I need to know	Pharmacist
2nd Mar 2020	Overview of Parkinson Disease	Dr Lim Ee Wei
6th April 2020	Power Up!	Physiotherapist
4th May 2020	Positive Approach to Living	Neuropsychologist
1st June 2020	Advance Care Planning	Medical Social Worker
6th July 2020	Eating Well with Parkinson's	Dietitian
3rd Aug 2020	Sway to the Beat	Music Therapist
7th Sept 2020	Communication and Swallowing	Speech Therapist
5th Oct 2020	Move it, Get Fit	Physiotherapist
2nd Nov 2020	Fine Motor Skills	Occupational Therapist
7th Dec 2020	Year End Party	ALL
* Programme is subject to changes		