



At MetroRehab Hospital our vision is a better life for our patients

"FEELING EMPOWERED" A MetroRehab Warrior shares her story

Helen Reed recently completed rehabilitation to help manage the symptoms of her Parkinson's Disease.

She also participated in the annual Unity Walk in the Park as a member of the "MetroRehab Warriors" to raise money and awareness for Parkinson's NSW.

Why did you choose to have rehabilitation at MetroRehab?

I was diagnosed with Parkinson's disease (PD) about 18 months ago and my neurologist referred me to Dr Parapuram at MetroRehab. I wasn't aware that this service existed and I didn't know what to expect.

How did you feel about doing rehabilitation for your Parkinson's?

Initially, I was reluctant and a bit sceptical to attend rehab as I didn't think that it would help. Despite this, I followed therapist's lead and could see the difference the exercises were making and now enjoy the benefits of these exercises.

What program did you attend?

I did PD Warrior which involved exercising with others who also had Parkinson's over a 12 week period. I enjoyed the group dynamic which was invigorating and motivating. In occupational therapy, I performed arm and hand exercises to improve my fine motor skills, coordination and speed of movement as my arm and hand movements had

gradually been slowing down. I also did cognitive training tasks which I rather enjoyed.

In speech therapy, I worked on my "Ahs" - focusing on my vocal projection/volume and breathing.

If you or a friend/family member has Parkinson's disease and would like to participate in either the day program or join a PD Warrior class, please call (02) 8585 4914 to make an appointment to see our team.



How did you benefit from the program?

The program has made me feel empowered knowing that I can do something to help myself. I feel better, not as slow and "dull". I try to keep up the exercises every week especially when I notice myself "slowing down".

I can now better manage daily tasks such as cooking and hanging out the washing which I can now do faster and with better coordination - this makes me feel better and not frustrated as it previously took me such a long time to hang out the washing.

The speech therapy has helped me swallow and breathe better, and my voice no longer fades out when I speak. Having a routine helps with me with memory recall too- staying mentally sharp is important to me.

What advice would you give to someone who has Parkinson's?

I would encourage them to have therapy and start exercising early - don't wait until the symptoms become incapacitating. It is very beneficial to know what therapy helps you individually, to see others at later stages of their Parkinson's, and to learn how the condition progresses and what has helped them manage their symptoms.



MetroRehab presents at International Conference in Auckland, New Zealand

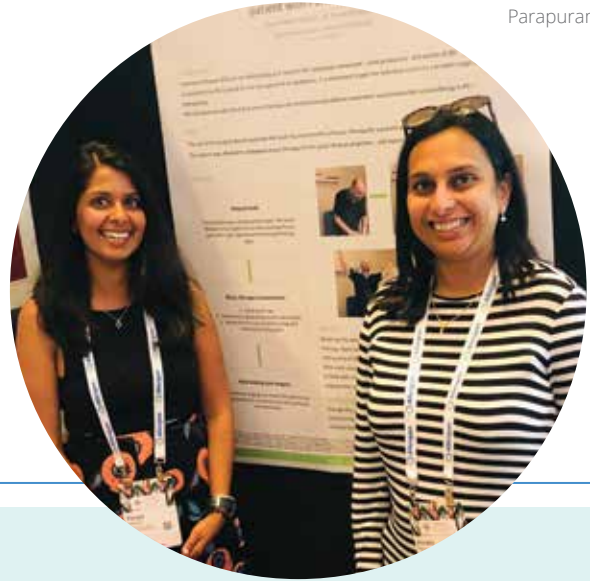
In November 2018 Dr Anuka Parapuram (Rehabilitation Specialist) and Tanya Silveira (Music Therapist) travelled to Auckland to attend the 6th *Asia-Oceania Conference of Physical and Rehabilitation Medicine* combined with the *Rehabilitation Medicine Society of Australia Annual Scientific Meeting*. The conference was attended by 500 delegates from around the world.

Dr Parapuram facilitated the inaugural Cancer Rehabilitation Workshop as a member of the Australian Faculty of Rehabilitation Medicine's Cancer Special Interest Group. The workshop included Rehab Medicine specialists from all over Australia and outlined different types of Cancer, models of care, research into Community programs, patient and staff perspectives of Cancer rehab programs and the benefits for cancer survivors in participating in a rehab program.

Dr Parapuram shared her experience in delivering Cancer rehabilitation programs and outlined considerations in setting up a Cancer Rehabilitation Program similar to MetroRehab's.

Tanya Silveira presented her clinical work and PhD research which she is conducting at MetroRehab in collaboration with Dr Parapuram and the therapy team. Her research has highlighted the valuable and effective role of music therapy in rehabilitation particularly in treating patients with Parkinson's Disease and after stroke. Her session involved getting the room to laugh and sing together and experience first-hand benefits of music therapy. Many doctors showed great interest in learning more about MetroRehab's music therapy program in order to implement this into their own facilities.

Tanya Silveira (L)
and Dr Anuka
Parapuram (R)



MetroRehab Music Therapist strikes a chord to win prestigious Music Therapy Award

Congratulations to MetroRehab Hospital's Music Therapist, **Tanya Silveira**, who was recently awarded the Ruth Bright Award by the National Council of the Australian Music Therapy Association.

The 2018 award was received by Tanya in recognition of her outstanding presentation at the Association's annual conference regarding her PhD research conducted at MetroRehab Hospital. Her current research is investigating the effect of Functional Electrical Stimulation and iPad-based music therapy on arm recovery after stroke – an innovative and unique approach to engage stroke survivors in their rehabilitation.

At MetroRehab music therapy aims to improve physical function and mental processing of tasks. Tanya frequently works in tandem with other therapists in combined sessions to maximise patient outcomes. Music therapy is particularly useful in stroke rehabilitation and managing the symptoms of Parkinson's disease.

MetroRehab hospital is proud to be able to offer access to Music Therapy in our inpatient program.



Dr Parapuram
shared her experience
in delivering
Cancer rehabilitation
programs

For all enquiries or to book an appointment with a Rehabilitation Physician, please call **(02) 8585 4914**. Alternatively, visit our website at metrorehab.com.au.