Further information

PARKINSON'SUK
CHANGE ATTITUDES. FIND A CURE. JOIN US.

- **Phone:** 0808 800 0303
- **Text relay:** 18001 0808 800 0303 (for textphone users only)
- **Opening times**: Monday-Friday: 9am-8pm, Saturday: 10am-2pm
  (Last call taken at 7.45pm, Monday to Friday. Closed Sundays/Bank Holidays.)
- **Email**: hello@parkinsons.org.uk

PSPA (Progressive Supranuclear Palsy)

The PSP Association

PSP House

167 Watling Street West

Towcester, Northamptonshire NN12 6BX

- **Phone:** 01327 322410
- **Fax:** 01327 322412
- **Email:** psp@pspassociation.org.uk

Clinic contact number

0118 322 6547 (answer phone available)

Clinical Admin Team (CAT 10):
0118 322 5474

Parkinson's nurse specialists

Reading:

Carrie James: 0118 322 8487

Caroline Crowley   07385406919

Wokingham:

Helen Avery: 07775418682

West Berkshire:

Sara Drake: 07827897294

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

NHS
Royal Berkshire
NHS Foundation Trust

Multi-disciplinary Movement Disorders Clinic

(Level 1 Battle Block)

Information for patients

Compassionate | Aspirational | Resourceful | Excellent

The Movement Disorders Clinic aims to provide a high standard of care for patients who have Parkinson's, and associated conditions affecting their movement. This will include reviewing their condition and medication, as well as providing appropriate advice and support.

Your visit with us

During your appointment, you will be reviewed by a nurse, an occupational therapist, a physiotherapist, and speech and language therapist (if required) and the consultant or specialist registrar. Your appointment may last up to 90 minutes.

The nurse

When you arrive, you will need to have your blood pressure taken, so please wear loose fitting clothing to make this easier. You may also be weighed.

The occupational therapist (OT)

The OT will discuss with you and your family possible ways to make your daily activities easier, through the use of technique, and equipment, and can help direct you to other forms of extra support.

The physiotherapist (physio)

The physio works with you to assess your mobility and any way your movement can be improved or assisted by the use of walking aids.

The speech and language therapist

He / she will assess and advise you regarding speech, swallowing and drooling problems

The consultant or registrar

Consultant Dr Chatterjee or the specialist registrar will discuss your condition with you, explaining medications and the adjustments to them that may be necessary. He may refer you to other specialists.

What you need to bring with you

- List of your current tablets.
- Any tablets you may need to take during your visit.
- We would encourage you to invite a partner, relative or carer with you to give information on how you are coping with your condition.

After your visit

After your appointment, the doctor will write a letter to your GP. This will detail findings and recommendations resulting from the visit. A copy of the letter will be sent to you.

Transport

The hospital is served by several local bus services and there is a multi-storey car park with disabled parking on level 0 and 2. If necessary, ambulance transport can be arranged to bring you in. Please be advised there can be a long wait for return transport, which may necessitate you waiting in Woodley Ward day room.

Where we are located

The Movement Disorders Clinic is located in the Battle Block Outpatients and Therapies Department on level 1 in Battle Block.

How to find us from the main entrance (Craven Road)

Go to main reception on level 2. From there follow the main corridor and turn right into Battle Block (through Eye Block). Take the lift down to level 1. Turn left out of the lift and continue along the Battle Block corridor. Battle Block Outpatients and Therapies Department is on the left hand side.

It is a long walk to the clinic but there is a buggy available between 9am and 4pm for less mobile people. Ask about the buggy service at the reception desk in the main entrance.