



## Optimising health, wellbeing and quality of life for people living with neurological conditions

- **Community neurological nursing** for brain and nervous system symptoms and disorders for individuals, families and carers.
- **Clinically focussed system navigation** support across health, disability and social care systems to access the right support at the right time.
- **Free, accessible, statewide, patient-centred services** including home visits, digital health consultations and Neurocare TeleNurse Helpline.

### Understanding neurological conditions

Neurological conditions affect the **brain, spinal cord and nervous system**, affecting cognitive function, movement and overall health and wellbeing. There are **more than 600 neurological conditions**, including headache and migraine, stroke, epilepsy, dementia, motor neurone disease, Parkinson's, Huntington's, Meniere's disease, brain and spinal tumours and injuries, multiple sclerosis, myositis, neuropathy, trigeminal neuralgia, fibromyalgia, myasthenia gravis, meningitis, autism, functional neurological disorder, and other neuromuscular, neurodegenerative and neurodevelopmental disorders.



Everyone experiences neurological conditions and symptoms differently. Symptoms vary widely and may include tremors, sleep disturbances, anxiety, poor muscle control, pain, numbness, weakness, eating and communication difficulties, or memory problems. Neurological conditions can significantly impact daily life.

### Comprehensive Support from Community-based NeuroCare Neurological Nurse Navigators

NeuroCare Community Neurological Nurse Navigators have broad clinical knowledge and skills and provide expert clinical guidance, education and support to help people:

- ✓ **Regain or maintain functional capacity**
- ✓ **Improve health and wellbeing**
- ✓ **Live confidently and safely at home**
- ✓ **Navigate treatment and care options**
- ✓ **Feel in control of decisions that affect them.**





## NeuroCare Nurses help individuals, care givers and families through:

- **Expert Holistic Care Coordination** – Connecting with relevant medical, mental health, social and welfare professionals to support cross-sector needs and concerns for complete well-being.
- **Comprehensive Neuro-Nursing Assessments & Care Planning** – Reviewing history, co-morbidities and nursing assessments to prioritise care needs, establish health and well-being goals and develop personalised care plans.
- **Clinical Education** – Empowering individuals with essential knowledge about conditions, symptom management, treatments, medication, assistive technology, lifestyle adjustments and self-care strategies to promote informed decision-making.
- **Health and Disability Care Navigation** – Support navigating complex, fragmented systems to ensure timely access to required services and supports, prevent gaps, facilitate referrals and assist with medical appointment planning and attendance.
- **Hospital discharge planning** – Acting as a bridge between hospital neurology teams, GPs, allied health services and community organisations to enhance communication, facilitate continuity in care from hospital to home, address unmet care needs, home modifications and condition changes, and minimise relapse and hospital readmissions.
- **Advocacy & empowerment** – Advocating for services, entitlements and needs. Support to improve health literacy and skills to independently access future services and resources, where and when needed.
- **Ongoing monitoring & early intervention support** – Encouraging self-management with proactive check-ins for early identification of potential complications or deterioration to prevent emergency situations and unnecessary medical appointments.

## NeuroCare TeleNurse Helpline

Got a question about a neurological condition or want to make a referral?

Call us on **1800 645 771** to speak directly with a NeuroCare Nurse.

## Access NeuroCare or find out more

### Neurological Council of WA

Free Call 1800 645 771 | [ncwa.com.au](http://ncwa.com.au) | [hello@ncwa.com.au](mailto:hello@ncwa.com.au)

#### Perth (Head Office)

11 Aberdare Road  
Nedlands  
WA 6009  
T: (08) 6285 3800

#### South West

16C, 42 Strickland St  
Bunbury  
WA 6230  
T: (08) 6285 3803

#### Great Southern

211-217 North Road,  
Centennial Park  
WA 6330  
T: (08) 6285 3802

#### Mid West

14 Sanford Street,  
Geraldton  
WA 6530  
T: (08) 6285 3804



## NeuroCare

PROUDLY SUPPORTED BY



Government of **Western Australia**  
Department of **Health**