

Progressive Supranuclear Palsy

What is PSP?

- > Progressive Supranuclear Palsy is a rare condition that affects the brain. It has a wide range of symptoms, but few people experience them all and symptoms vary person to person.
- > It is a progressive condition which means the symptoms tend to get worse over time.
- > Symptoms may include falls, muscle stiffness, slow movements, vision, talking, eating, drinking, drooling, thinking/mood, sleeping, pain, bowel or bladder difficulties.

How common is PSP?

- > Progressive Supranuclear Palsy affects approximately 6.5 per 100,000 people. The number of people affected by PSP is similar to Motor Neuron Disease.
- > Progressive Supranuclear Palsy is difficult to diagnose. It can be confused with Parkinson's Disease especially early on when the symptoms can be similar.

What can be done about PSP?

Researchers are looking for a cure for PSP. There are many therapies or strategies that can help manage symptoms, but no proven medication or surgery therapy at this stage.

Where can I go for help?

Speak to your GP about different services you may need (listed overleaf). You can also phone Parkinson's SA. They provide information and support to anyone affected by PSP, **1800 644 189**.

Services that might be beneficial:

Counselling/psychology

- > If you or your family need counselling, you may be able to access services through a mental health plan with your GP. Counselling is also available to anyone affected by PSP through Parkinson's SA, **1800 644 189**.

Physiotherapy

- > If you have trouble with your walking or you are having falls.

Occupational Therapy

- > If you need equipment or home modifications.

Speech Pathology

- > If you have trouble with eating, drinking or talking.

Dietitian

- > If you are having trouble meeting your nutritional needs or losing weight.

Optometrist/Eye Specialist

- > If you have difficulties with your vision.

Independent Living Centre of South Australia

- > If you need information about resources, equipment or aids that could help you **(08) 8266 5260**.

SA Contenance Resource Centre

- > If you need information, education or advice about continence issues **1300 885 886**.

For more information

**Speech Pathology
Repatriation General Hospital
Daws Road, Daw Park SA 5041
Telephone: (08) 8275 1861**

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This document has been reviewed by members of the Progressive Supranuclear Palsy (PSP) Support Group. Created: July 2014. Next review: July 2016.



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