Dementia Care
QUEENSLAND

A free guide for Queenslanders

Parkinson's in Queensland: where to start

For people who are newly diagnosed or still having tests, and the families supporting them. Who to call, where to search, and how to get to the right people near you.

Keep these three numbers handy

13 HEALTH

13 43 25 84

Queensland Health, 24/7. A registered nurse helps you work out what care you need and where to get it.

Parkinson's Queensland

(07) 3209 1588

Support groups, information, and phone appointments with a Parkinson's Specialist Nurse Educator for members. Tue to Thu, 9am to 4pm.

healthdirect

1800 022 222

Free 24/7 health advice from a nurse, plus an online Service Finder to search for doctors and services by suburb.

Your first five steps

1. **Book a long appointment with your GP.** Ask about a **GP chronic condition management plan**. It gives you up to 5 Medicare subsidised allied health visits each calendar year (10 for Aboriginal and Torres Strait Islander people), such as physio, speech pathology and exercise physiology.
2. **Get a referral to a neurologist,** ideally one with an interest in movement disorders. You can go public or private. See page 2.
3. **Build your therapy team.** A physio, speech pathologist, occupational therapist and exercise physiologist who know Parkinson's can make a real difference to how you move, talk and live day to day. See page 3.
4. **Connect with other people living with Parkinson's.** Parkinson's Queensland runs support groups across the state and an online group. Membership starts from $5.
5. **Sort out funding and help at home early.** The NDIS if you are under 65, My Aged Care if you are 65 or older, and Carer Gateway for the people supporting you. See page 4.

Before every appointment

Bring a list of your medicines and the times you take them, the symptoms you have noticed (including good and bad times of day), and your questions. Take someone with you if you can. Ask the specialist to send letters to your GP.

Seeing a specialist

You need a referral from your GP to see a neurologist, whether you go public or private. Ask for a neurologist with an interest in movement disorders, which is the area that covers Parkinson's.

PUBLIC No cost to see the specialist

Your GP refers you to a public hospital neurology outpatient clinic. Under Queensland Health's referral guidelines, known or suspected Parkinson's is usually **Category 2**, which means ideally being seen within 90 days. A sudden or severe decline can be **Category 1** (30 days).

Tip: for tremor, Queensland Health asks for a recent thyroid blood test (TSH) with the referral, so ask your GP to include it or the referral can be sent back.

PRIVATE Usually seen sooner, fees vary

Your GP refers you to a private neurologist. Medicare pays part of the fee. Ask the rooms about costs and wait times when you book.

To find one near you: search "Neurology" and your suburb on the healthdirect Service Finder at healthdirect.gov.au/australian-health-services. Your GP and Parkinson's Queensland can also suggest neurologists with a Parkinson's interest.

Public movement disorders services in Queensland

HOSPITAL	WHAT IS THERE	PHONE
Royal Brisbane and Women's Hospital	Movement Disorders Clinic for Parkinson's, atypical parkinsonism, dystonia and tremor, including advanced therapies	**(07) 3646 3111**
Princess Alexandra Hospital, Woolloongabba	Movement Disorders Team (Metro South)	**(07) 3176 4246**
Gold Coast University Hospital	Neurology outpatients, accepts Parkinson's and movement disorder referrals	**1300 559 083**
Townsville University Hospital	Medical clinics, including neurology	**(07) 4433 2500**
Mater Hospital Brisbane	Public neurology for people in the Metro South and West Moreton (Ipswich) areas	Via your GP
Everywhere else	Your GP refers you to the public neurology clinic that covers your area. Ask which one when you get the referral.	Via your GP

Check the wait before you choose

Queensland Health publishes how long people wait for specialist appointments at each hospital, by category. Go to performance.health.qld.gov.au and choose specialist appointments.

See the specialist by video

Medicare covers specialist video appointments, first visits and follow ups, with a valid referral. Public clinics can also see you by video: ask when you book. If your internet is poor, you can do the call from your nearest hospital. Help joining a Queensland Health video appointment: **1800 066 888**.

Live in the regions? Help with travel costs

If you are referred to a specialist service more than 50 km (one way) from the public hospital or health facility closest to your home, the **Patient Travel Subsidy Scheme** can help with travel and accommodation costs. A carer can be approved to travel with you if you have a physical or cognitive impairment or trouble getting around. Apply before you travel where you can, and claim within 12 months. Details at qld.gov.au/health/services/travel/subsidies or call 13 HEALTH.

Building your therapy team

Each professional body has its own online search. Use the tips below to find people with neurological or Parkinson's experience, close to home or by telehealth.

WHO	HOW THEY HELP	WHERE TO SEARCH	SEARCH TIP
Physiotherapist	Walking, balance, falls, freezing, staying active	choose.physio/find-a-physio	Look for a neurological interest. Ask about LSVT BIG.
Exercise physiologist	A tailored exercise program to keep you strong and moving	essa.org.au/Maps	Choose Accredited Exercise Physiologist and search near you.
Speech pathologist	Voice, speech, swallowing and communication	speechpathologyaustralia.org.au then Find a Speech Pathologist	Area of practice: "Progressive neurological disorders (eg Parkinsons, MND)". A separate telepractice list covers telehealth. Ask about LSVT LOUD.
Occupational therapist	Daily tasks, home set up, equipment, work and driving	otaus.com.au/find-an-occupational-therapist	Area of practice: "Neurological Conditions". Filter Online (Telehealth) if you need it.
Dietitian	Weight, safe swallowing, constipation, fitting meals around medicines	member.dietitiansaustralia.org.au/FAAPD	Telehealth dietitians: member.dietitiansaustralia.org.au/FAAPDTH
Psychologist	Mood, anxiety and adjusting to the diagnosis. A neuropsychologist can assess thinking and memory.	psychology.org.au/Find-a-Psychologist	Area of practice: "Clinical Neuropsychology" or "Health Psychology".
Continence nurse or physio	Bladder and bowel changes	continence.org.au	Use Find a service provider, or call the free helpline on 1800 33 00 66.
Podiatrist	Foot care, footwear and falls	podiatry.org.au/find-a-podiatrist	Search by your location and radius.
Pharmacist	A Home Medicines Review checks all your medicines at home and reports to your GP	Ask your GP for a referral	Free with Medicare or DVA. Usually once every 2 years, plus follow ups.

Parkinson's specific programs

LSVT LOUD and LSVT BIG are voice and movement programs built for Parkinson's. Find a certified clinician at lsvtglobal.com/LSVTFindClinicians (LSVT eLOUD runs by telehealth).

PD Warrior exercise programs run in Queensland at New Farm, Tarragindi, Hyde Park, Cooroy, Nambour, Toowoomba, Atherton, Cairns and Bongaree, plus online. Map at pdwarrior.com/locations.

Through Parkinson's Queensland

Activities include Dance for Parkinson's with Queensland Ballet (West End), the New Voice Choir (Moorooka), PD Punch boxing (Townsville), PingPongParkinson (Toowoomba) and online Pilates. See parkinsonsqld.org.au/community-hub/activities.

Parkinson's Queensland also keeps a map of health professionals. Call the office to ask about people near you.

Ask before you book: "How many people with Parkinson's do you see?" and "Do you offer home visits or telehealth?" Most directories do not check each listing, so a quick call saves time.

Paying for therapy: a GP chronic condition management plan (Medicare), private health insurance extras, the NDIS if you are under 65, or aged care support if you are 65 or older.

Funding and help at home

The right door depends mostly on your age when you apply. It is worth starting early, before things get harder.

UNDER 65

The NDIS

To apply, a person generally needs to be under 65, live in Australia, be an Australian citizen, permanent resident or Protected Special Category Visa holder, and have a permanent impairment that substantially reduces their ability to manage everyday activities. People who join before 65 can stay in the NDIS after 65.

Reports from the neurologist, GP and therapists all help. Describe good days, hard days and what happens when medicines wear off.

NDIS: 1800 800 110, Mon to Fri, 8am to 8pm.
Local Area Coordinators in Queensland include Carers Queensland (Brisbane, Logan, Moreton Bay, Ipswich, Sunshine Coast, Gold Coast, Rockhampton, Toowoomba), Feros Care (Mackay, Townsville) and Mission Australia (Cairns). The NDIS can confirm yours.

65 OR OLDER

My Aged Care

My Aged Care arranges an assessment for help at home, such as cleaning, personal care, nursing, allied health and equipment, and for respite and residential care.

My Aged Care: 1800 200 422
Mon to Fri, 8am to 8pm, and Sat, 10am to 2pm.

Need someone in your corner?

The Older Persons Advocacy Network gives free, independent aged care advocacy: **1800 700 600**. In Queensland this is delivered by ADA Australia.

For carers and family

Carer Gateway 1800 422 737
Mon to Fri, 8am to 5pm. Counselling, coaching, peer support and respite for the people doing the caring.

Payments

Centrelink disability, sickness and carers line **132 717**
Mon to Fri, 8am to 5pm. Disability Support Pension, Carer Payment, Carer Allowance and Mobility Allowance.

Planning ahead

Advance Care Planning Australia 1300 208 582
Mon to Fri, 9am to 5pm. Help to write down your wishes and choose who speaks for you if you can't.

Driving

In Queensland you must tell the Department of Transport and Main Roads about a permanent or long term medical condition that is likely to affect safe driving. Your doctor can advise you. Details: qld.gov.au/transport/licensing/healthy-to-drive/report-medical-condition

Under 65 and not sure where to start with the NDIS?

Dementia Care Queensland helps families with NDIS access at no charge, whoever they go on to choose as a provider. Call Anish on **0439 143 082** or email anish@dementiacareqld.com.au. Every referral is answered the same business day.

Phone numbers that help

Real people on the end of the line. Cut this page out and keep it by the phone.

SERVICE	PHONE	WHEN	WHAT YOU GET
Emergency	**000**	24/7	Ambulance, police or fire
13 HEALTH (Queensland Health)	**13 43 25 84**	24/7	A registered nurse helps you decide what care you need and where to get it
healthdirect	**1800 022 222**	24/7	Free health advice from a nurse, anywhere in Australia
Parkinson's Queensland	**(07) 3209 1588** **1800 644 189**	Tue to Thu, 9am to 4pm	Information, support groups and, for members, phone appointments with a Parkinson's Specialist Nurse Educator
Fight Parkinson's information line	**1800 931 031**	Mon to Fri, 9am to 5pm	A free health team based in Victoria that supports anyone affected by Parkinson's, including PSP, MSA and CBS
Queensland Health telehealth help	**1800 066 888**	Weekdays, business hours	Help joining a public hospital video appointment
NDIS	**1800 800 110**	Mon to Fri, 8am to 8pm	Applying for the NDIS (under 65) and finding your Local Area Coordinator
My Aged Care	**1800 200 422**	Mon to Fri, 8am to 8pm Sat, 10am to 2pm	Help at home and aged care for people 65 or older
Carer Gateway	**1800 422 737**	Mon to Fri, 8am to 5pm	Support, counselling and respite for carers
National Dementia Helpline	**1800 100 500**	24/7	For anyone worried about memory or thinking, and their families
Dementia Support Australia	**1800 699 799**	24/7	Free advice when dementia brings changes in behaviour
National Continence Helpline	**1800 33 00 66**	Mon to Fri, 8am to 8pm	Free advice from nurse continence specialists
Beyond Blue	**1300 22 4636**	24/7	Free counselling for anxiety and low mood
Lifeline	**13 11 14**	24/7	Crisis support. You can also text 0477 13 11 14
Centrelink disability, sickness and carers	**132 717**	Mon to Fri, 8am to 5pm	Disability Support Pension, Carer Payment and Carer Allowance
Older Persons Advocacy Network	**1800 700 600**	Mon to Fri, 8am to 8pm Sat, 10am to 4pm	Free, independent aged care advocacy
Advance Care Planning Australia	**1300 208 582**	Mon to Fri, 9am to 5pm	Help planning for future health care
Dementia Care Queensland	**0439 143 082**	Answered the same business day	Free NDIS access help for people under 65, especially when thinking or memory is changing

If thinking or memory starts to change

Not everyone with Parkinson's develops changes in thinking. When it does happen, it usually comes on slowly, and getting help early makes planning much easier.

Things worth mentioning to the doctor

- Thinking feels slower, or planning and doing two things at once gets harder
- Losing track in conversations
- Alertness that changes a lot through the day
- Seeing people or animals that are not there
- Acting out dreams in sleep, or sleeping a lot during the day
- New anxiety, low mood or loss of interest

What you can do

- Tell the GP or neurologist, and ask whether a cognitive assessment (for example with a neuropsychologist) would help
- Ask for a review of your medicines. Never stop or change a Parkinson's medicine without medical advice
- Call the National Dementia Helpline on 1800 100 500 for information and support
- Start legal and financial planning early, while decisions are easier to make together

Medicines on time, every time

Parkinson's medicines wear off quickly. A late or missed dose can make moving, talking and swallowing harder. Carry an up to date list of your medicines and the times you take them, and make sure every doctor, pharmacist and hospital knows you have Parkinson's. Some antipsychotic and anti nausea medicines can make Parkinson's symptoms much worse.

How we can help

Dementia Care Queensland

We are a registered NDIS provider for people living with changes in thinking and memory, with a focus on people under 65, including people living with Parkinson's disease dementia and Lewy body dementia.

- **Free NDIS access help** for people under 65, whoever you go on to choose as a provider
- Dementia trained support workers who stay consistent, with days planned around medicine times
- Registered Nurse oversight, community nursing, respite and specialist support coordination

Call Anish on **0439 143 082** | anish@dementiacareqld.com.au
dementiacareqld.com.au/conditions/parkinsons-disease-dementia

My care team

ROLE	NAME AND PRACTICE	PHONE
GP		
Neurologist		
Physio or exercise physiologist		
Speech pathologist		
Occupational therapist		
NDIS or My Aged Care contact		

About this guide. This is general information, not medical advice. Talk to your GP or specialist about your own health. Phone numbers, opening hours and links were checked against each organisation's own website on 9 November 2026. Services change, so call ahead. Dementia Care Queensland is not affiliated with the organisations listed and receives nothing for listing them. Free to print and share.