In Touch Newsletter
November 2025

6 ways speech therapy can help people with Parkinson's

Being able to communicate is an essential part of our life. We communicate to build connections with others, to speak to our loved ones, to work or volunteer and for being social. No matter what stage of Parkinson's you may be at, of course you want to communicate and be heard and understood. That's where your speech and language therapist can help.

It is estimated that speech problems may affect around 90% of people with Parkinson's. Difficulties may arise at any time, the main ones being:

- Weak voice or reduced voice volume, resulting in the need to repeat oneself
- Hoarse voice and limited intonation resulting in a monotonous voice
- Slurred or unsteady speech
- Speaking too fast or too slow
- Difficulty speaking clearly whilst doing other things as speech may require more concentration than before
- Stuttering or difficulties getting started
- Forgetting what you were trying to say or losing your train of thought in a conversation
- Difficulty following conversation when in a group.

Speech therapists can help with offering support and strategies for easier communication as well as rehabilitation and maintenance therapy.

Here are six ways speech therapy can help people with Parkinson's:

Early intervention
Speak to your doctor before you start to exhibit changes to your communication, as holding on to the skills you have is essential to prolong the progression of symptoms as time goes on.

However if you or your loved one are already experiencing symptoms and are concerned then it is also a good time to seek help for your speech or communication. Your doctor can refer you to a speech therapist or you can also refer yourself.

Speech Therapists can work with you to rehabilitate or maintain your skills, as well as put strategies in place to enhance your communication before Parkinson's has any significant impact. Early intervention may even be able to prevent or delay other problems, so seek advice as soon as you can.

Volume control

A quieter, softer voice – or hypophonia – is common in people with Parkinson's. In fact, you may not even realise you're speaking more softly than before. Your speech and language therapist will focus on helping you maintain the correct volume level in your speaking voice. This can be done through calibration tasks and working with effort-based therapies aimed at achieving a louder voice more easily.

If the person's voice is very low and rehabilitation is not enough, then another option is to use amplification to be heard when you need to.

Communication strategies

There are many other things to consider for effective communication, like for example non-verbal factors such as facial expressions, body language etc. Speech therapy can help to make the person more aware of these skills and learn to use them with more intent to make their communication more effective.

Alternative means of communication can also be considered. These include communication books and technical aids such as tablets and phone apps.

Therapy programs

Your speech and language therapist may suggest a treatment program specifically designed for voice and speech in people with Parkinson's.

Both Lee Silverman Voice Treatment (LSVT) and SPEAK OUT! are speech therapy programs designed to address speech and voice impairments in individuals with Parkinson's disease.

- Lee Silverman Voice Treatment (LSVT): LSVT is an intensive program comprising 16 sessions over four weeks, focusing on improving vocal loudness and speech clarity. Delivered by certified speech-language pathologists, LSVT has demonstrated significant improvements in voice and speech functions for individuals with Parkinson's disease.
- SPEAK OUT!: Developed by the Parkinson Voice Project, SPEAK OUT! is a structured therapy program that emphasises speaking with intent to enhance speech. The program typically includes 12 individual sessions, combining education, personalised therapy, and daily home practice to help patients transition speech from an automatic function to an intentional act.

Both programs aim to empower individuals with Parkinson's to regain and retain effective communication skills, thereby improving their quality of life.

Group therapy

Group work can be a very effective way of practising and reinforcing techniques learned in your individual therapy sessions. Not to mention it is a great opportunity to meet new people with similar symptoms and enjoy a social life.

Your local speech therapy services may be able to offer such groups, but one can also access online groups around the world.

Lifestyle changes

Another way speech therapy can help with Parkinson's is by addressing your lifestyle and environment to promote and enhance better communication. Simple changes can make a difference to your day-to-day life.

Things like considering how noisy your environment is, reducing any distractions, and facing the person you're talking to can all help with effective communication.

Source:
Original article by Sarah Dawson and Veronica Clark
Parkinson's Europe

Managing restless legs syndrome with Parkinson's

Restless legs syndrome, sometimes called Willis-Ekbom disease, is a condition that causes an overwhelming urge to move your legs. This can cause discomfort. People with Parkinson's have described it as a 'creepy-crawly' feeling, or that it feels like they have fizzy water in their veins.

Here are some tips for managing restless legs syndrome.

Get a good night's sleep

Establish a regular sleeping pattern and make sure you have a cool and comfortable sleeping environment. Try to avoid heavy blankets or clothing.

Warm your legs up

Have a warm bath or try a hot (but not too hot) or cold compress on your legs.

Stimulate your legs

Try massaging your legs, going for a walk and gently stretching your muscles.

Manage your diet with a dietitian

Not having enough iron in your body can cause restless legs syndrome. Your healthcare professional can check your iron levels for you.

You could try an iron supplement or eating iron-rich food such as red meat, fish or certain fruit like prunes. Talk to an accredited dietitian to get support before making changes to your diet.

Yoga and restless legs syndrome

Some new studies suggest that yoga might help ease symptoms of restless legs syndrome, but research is ongoing, so there isn't enough evidence yet to understand the full benefits. We do know that people with Parkinson's tell us that yoga is useful for managing their Parkinson's in general.

Physiotherapist Bhanu Ramaswamy explains in more detail:

"We know from anecdotal stories, and from research evidence, that yoga can help lessen slowness and stiffness, improve balance and flexibility (especially in hips and ankles), and increase muscle strength and power. There are lots of different forms of yoga, and specific poses can work on different parts of the body.

"Some research has also shown the benefits of yoga in helping to reduce the symptoms of restless legs syndrome, especially if done with slow stretches combined with breathing techniques. So overall, yoga might be a great all-round activity for people with Parkinson's to ease a number of issues and improve day to day life."

Source:
Parkinson's UK

Spotlight on Woolgoolga Support Group

On the fourth Wednesday of every month, Wendy McCallum rises at 6am to bake scones for her Support Group meeting. Wendy is the dedicated leader of Woolgoolga Support Group – better known by locals as the Woopi Support Group.

"Woopi is 80 kilometers from Coffs Harbour so travel to our nearest support group there is costly, time consuming and often means you need to depend on others," said Wendy, explaining why she thought it would be a good idea to have a local group. She worked with Coffs Harbour-based Parkinson's Specialist Nurse Vince Carroll to make it happen.

It was established in March of this year with expectations of around 10 people at the inaugural meeting. In fact, 40 people showed up, which indicated strong local demand for the Group.

Today the youngest participant in the Group is 53 and the oldest is in their late '80s. The group is led by a committee of four – two people living with Parkinson's, one carer and Nurse Vince Carroll.

Meetings take place at the Woopi Senior Citizens Centre which generously organises sponsors to pay for the room. A local band comes to play at meetings and even helps to set up the room first.

Other volunteers also play a key role, helping to settle attendees into their seats then serving them refreshments so people with mobility issues don't need to be standing and moving around.

Each monthly meeting features a speaker, including the Parkinson's Specialist Nurse, a dietitian, and a physiotherapist, with a dentist scheduled for next year.

Asked for her tips on running a thriving Support Group, Wendy said: “I’ve found that the key is keeping participants and their families fully informed. We use emails, multiple text messages, and a note in the local paper to ensure everyone is reminded of upcoming meetings and events.

“I’ve also found it personally useful to keep myself up to date on the latest information about Parkinson’s. I have found the free online courses offered by the University of Tasmania and Queensland University to be most helpful.

“Being a leader has been good for me,” said Wendy. “I have been living with Parkinson’s for 10 years now and I find myself getting words jumbled up. Speaking at Support Group meetings is good therapy for me!”

Poem by Wendy McCallum
Woopi Support Group Leader

When I was told I had Parkinsons
The first thing I thought "why me"
And what is this disease I have
A tremor was all I could see.

For years my family would have a laugh
At some of the things that I had said
My words they came out jumbled
For they were mixed up in my head

As time went on, I saw the signs
But friends and family couldn't tell
For the signs are on the inside
And on the outside I looked so well.

So it was then that I decided
I need to make the most of every day
Do everything that's possible
To keep my Parkinsons at bay

I take my meds, I exercise
And new things I like to try
But must admit sometimes at night
I just feel I want to cry

The aching legs and lack of sleep
And the things I can no longer do
But then I remember I'm not alone
For I know that many others have it too.

I know a cure is just around the corner
It may not be in time for me
But for the next generation of my family
Of Parkinsons they may be free.

Potential new treatment for Parkinson's announced in U.S.

Pharmaceutical company AbbVie has submitted a New Drug Application (NDA) to the U.S. Food and Drug Administration (FDA) for tavapadon, a novel selective dopamine D1/D5 receptor partial agonist that was studied as a once daily oral treatment for Parkinson's disease.

The submission is based on results from the TEMPO clinical development program that evaluated the efficacy, safety and tolerability of tavapadon across a broad Parkinson's disease population.

This included two Phase 3 trials (TEMPO-1 and TEMPO-2) in early Parkinson's disease, and one Phase 3 trial (TEMPO-3) with tavapadon as adjunctive to levodopa in patients experiencing motor fluctuations.

TEMPO-1 and TEMPO-2 demonstrated that patients experienced a statistically significant improvement from baseline in the Movement Disorder Society - Unified Parkinson's Disease Rating Scale (MDS-UPDRS) Parts II and III combined score at week 26.

TEMPO-3 demonstrated that patients experienced more 'on' time, referring to the period when symptoms were well controlled without dyskinesia or involuntary movements. The NDA submission was also based on an interim data cut from TEMPO-4, an open-label extension (OLE) trial to assess the long-term clinical benefit of tavapadon.

"For many people living with Parkinson's disease, today's oral standard of care isn't effective enough to manage symptoms," said Roopal Thakkar, M.D., Executive Vice President – Research and Development, Chief Scientific Officer, AbbVie.

"We recognise the physical and mental impact that Parkinson's disease can cause and are committed to providing next-generation treatment options that will help individuals regain motor control and independence at all stages of this challenging disease."

In trials, the most common adverse reactions reported in ≥10% of patients were nausea, headache and dizziness for Parkinson's disease patients without levodopa, and nausea and dyskinesia for patients on adjunctive therapy with levodopa.

Tavapadon is a dopamine agonist, a class of drugs that bind to dopamine receptors and mimic dopamine's action in the brain. Dopamine is the brain chemical that decreases in Parkinson's disease, causing motor symptoms to develop. Unlike other dopamine agonists, tavapadon selectively stimulates only two of the five dopamine receptors in the brain. This more focused action may ease Parkinson's motor symptoms, potentially without the adverse effects that some other dopamine agonists can cause, such as impulse control disorders (like excessive gambling, spending or overeating), leg swelling or excessive daytime sleepiness. It's important to note that the new drug has not yet been proven to cause fewer side effects, nor has it been directly compared to other dopamine agonists. The idea of fewer side effects is a theory based on how the medication works.

Ongoing Studies

Interim results of the ongoing TEMPO-4 study were presented at the 2025 International Congress of Parkinson's Disease and Movement Disorders (MDS) Meeting. In this open-label extension study, researchers are evaluating the safety and effectiveness of long-term tavapadon therapy in Parkinson's. In an open-label extension study, participants from previous clinical trials — in this case, TEMPO-1, TEMPO-2, and TEMPO-3, regardless of whether they received the treatment or placebo — are treated with the study drug for a longer time period to collect data on the longer-term, real-world safety and tolerability of a drug.

Among people who completed more than a year of treatment, tavapadon continued to show that it is generally safe (reported adverse effects included nausea, dizziness, headache, constipation and falls) and effective, with stable, continued motor symptom improvement.

What's Next for Tavapadon?

If the NDA submission is accepted for review, an update can be expected within 6 to 10 months. If approved, tavapadon would be a new, once-daily oral medication option for people with Parkinson's — both recently diagnosed and progressing disease

Sources:
Biospace.com
AbbVie

Unmasking Parkinson's: Shedding light on Facial Masking

When someone is first diagnosed with Parkinson's, one thing they often don't expect was how much their facial expressions would change. It's called masking, the term for when your face won't move the way you want anymore.

Smiling, frowning, even raising eyebrows all become slower, stiffer, and much less automatic. Medically it's called hypomimia, and it means people struggle to read your

mood. Friends may ask if you are upset when you're not, or family think you're disinterested when you're actually listening carefully. It's frustrating, because you feel the same inside, but your face doesn't show it.

Also, it doesn't stop at your face. Your voice changes – it becomes much quieter and flatter, and sometimes you may also even sound bored when you're not.

Speech pathologists also work on exercises that focus on moving your facial muscles deliberately.

These exercises include practicing broad smiles, surprise faces, and even silly 'fish faces'. It feels odd at first, but over time it becomes easier to show emotion, especially if you are focused on it.

You can try ways to get feedback on what your face is doing by using your phone's video feature, or a mirror. Sometimes this can be a bit confronting, but it helps to actually see what others see – or don't see – when you think you are smiling or looking surprised.

Here's what can help you to regain your expressive face:

- Set an exercise routine for every morning. Ask a family member or friend whether they notice a difference in your expressions after a month to six weeks of daily practice. (See exercise suggestions below).
- You can combine face and voice exercises to save time: Try speaking while smiling.
- Get feedback and support from your speech pathologist, family and friends.
- If you keep forgetting to practice use reminders (like a sticky note on the bathroom mirror) to prompt yourself.
- Accept limitations: Some days your face just won't cooperate, especially if you're tired or your medications haven't kicked in. Learn not to beat yourself up and to rest when needed.

Here are some daily exercises to start your routine:

It's best to check with your speech pathologist first as some of these exercises may not target your particular issues.

1. Warm-up: Gentle massage of cheeks, jaw, eyebrows for 1 minute.
2. Eyebrow raises: Raise both brows as high as possible, hold 3-5 seconds, relax. Repeat 5-10×.
3. Brow furrow / surprise face: Drop eyebrows (frown), then raise them into surprise expression. 5×.
4. Wide smile and smile hold: Smile broadly (with lips closed or slightly open depending on comfort), hold for ~5 seconds, relax. Repeat 5-10×.
5. Lip puckering / "kissing face": Pucker lips, hold, relax. 5-10×.

6. Cheek puffing: Puff cheeks with air, hold, release. Then alternate left/right. 5× each.
7. Jaw mobility: Open mouth wide, hold, then gentle side-to-side jaw movement. 5×.
8. Speak with expression: Read a short paragraph aloud, exaggerate facial expression (smile, raise eyebrows, use gestures). Emphasise loudness if you can.
9. Cool-down: Gentle smile, relaxed face, blinking and some slow deep breaths.

If you are noticing a loss of facial expression, know that you're not alone and it's not just in your head. There are things you can do, but it takes persistence. Get help from a professional – a speech pathologist or health professional who knows about Parkinson's.

Make facial exercises part of your routine and try to practice exaggerating your expressions and voice volume in social situations. Most importantly, let those around you know what's going on. It's tough when your feelings don't show on your face, but with a bit of effort (and some patience), you can still connect and communicate in meaningful ways.

Living with facial masking isn't easy, but it's possible to 'unmask' a bit and feel more like yourself again.

References:

- Parkinson's Foundation — Facial Masking/Hypomimia overview. https://www.parkinson.org/understanding-parkinsons/movement-symptoms/facial-masking
- GHRS – Facial Masking in Parkinson's, including treatment and physical therapy. https://ghrs-group.com/news/facial-masking-in-parkinsons-disease
- APDA — Limited Expressions: Facial Masking & PD. American Parkinson Disease Association
- Stanford Parkinson's Community – Speech/Voice Exercises. https://med.stanford.edu/parkinsons/living-with-PD/speech-exercise.html
- HypomimiaCoach pilot study. https://arxiv.org/abs/2410.09772#:~:text=To%20investigate%20this%2C%20we%20developed%20HypomimaCoach%2C%20an%20Action,for%20hypomimia%20detection%20and%20rehabilitation%20in%20Parkinson%27s%20disease.

Managing restless leg syndrome

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Here are some tips for managing restless legs syndrome.

Get a good night's sleep

Establish a regular sleeping pattern and make sure you have a cool and comfortable sleeping environment. Try to avoid heavy blankets or clothing.

Warm your legs up

Have a warm bath or try a hot (but not too hot) or cold compress on your legs.

Stimulate your legs

Try massaging your legs, going for a walk and gently stretching your muscles.

Manage your diet with a dietitian

Not having enough iron in your body can cause restless legs syndrome. Your healthcare professional can check your iron levels for you.

You could try an iron supplement or eating iron-rich food such as red meat, fish or certain fruit like prunes. Talk to an accredited dietitian to get support before making changes to your diet.

Yoga and restless legs syndrome

Some new studies suggest that yoga might help ease symptoms of restless legs syndrome, but research is ongoing, so there isn't enough evidence yet to understand the full benefits. We do know that people with Parkinson's tell us that yoga is useful for managing their Parkinson's in general.

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"We know from anecdotal stories, and from research evidence, that yoga can help lessen slowness and stiffness, improve balance and flexibility (especially in hips and ankles), and increase muscle strength and power. There are lots of different forms of yoga, and specific poses can work on different parts of the body. "

"Some research has also shown the benefits of yoga in helping to reduce the symptoms of restless legs syndrome, especially if done with slow stretches combined with breathing techniques. So overall, yoga might be a great all-round activity for people with Parkinson's to ease a number of issues and improve day to day life."

Source:

Parkinson's UK

Can an Anti-Inflammatory Diet Help Parkinson's?

Parkinson's disease is a neurodegenerative disorder that causes damaging inflammation in the brain. Yet, scientists who study Parkinson's will tell you that your

gut health can be involved, too – and that your daily diet may even affect your risk of Parkinson's or its progression.

In fact, emerging evidence increasingly suggests that gastrointestinal (GI) issues, including nausea, constipation, and bloating, frequently precede the classic motor symptoms of Parkinson's, often by decades, according to the Parkinson's Foundation. This may be due to an inflammatory response that's caused by changes in gut bacteria, research shows.

What you eat influences the types and amounts of microbes, both good and bad, that live in your digestive tract. An imbalance there, called dysbiosis, may lead to an increase in pro-inflammatory chemicals, which may cause inflammation throughout your body and brain, a recent study published in *npj Parkinson's Disease* shows.

Now consider that up to 80% of people with Parkinson's are known to have gut issues – an association so strong that some experts are now asking if following an anti-inflammatory diet could lessen the severity of Parkinson's symptoms or even delay their onset.

Brain-Gut Connection

Your brain and intestines are connected in ways that you might never imagine: They send signals back and forth to one another, something known as the gut-brain axis, according to the Cleveland Clinic.

There are two possible ways a gut imbalance can lead to brain inflammation, says Michael Kaplitt, M.D., Ph.D., a neurosurgeon and the Director of Parkinson's Disease and Movement Disorders at Weill Cornell Medicine and New York-Presbyterian in New York City.

The first "…is dysbiosis that causes more generalised body inflammation and illness, which could predispose the brain to being more sensitive to Parkinson's, or to progress more quickly," he explains.

The second way is when that inflammation spreads through your vagus nerve, a major nerve that connects your brain to your gut and many other organs, Dr. Kaplitt says. "There's evidence from a variety of both human and animal studies that supports the idea that – at least in some patients – that pathology in the gut may actually spread through the vagus nerve into the brain to eventually cause Parkinson's disease," he notes.

Dr, Kaplitt also clarifies that while Parkinson's is an inflammatory disorder, "…it's not like arthritis, where inflammation is the primary cause and the primary reason why people have the problem." If that were the case, if people with Parkinson's suddenly started taking anti-inflammatory drugs their Parkinson's would immediately get better – but it doesn't.

"Having said that, one of the most important areas of research right now in Parkinson's disease is inflammation," Dr. Kaplitt says. "It seems to be a very critical factor, influencing potentially whether or not someone develops Parkinson's and how rapidly and severely it progresses."

Can the Right Diet Reduce Parkinson's Risk?

So, if an imbalance of gut bacteria causes GI inflammation, and dysbiosis there is associated with the onset and symptoms of Parkinson's disease, can changing how you eat, or even adding supplements to your daily meals, correct that imbalance and help protect your brain?

The science is still young on this, so not every expert agrees on how strong the association is between diet and the slowing, or even stopping, of Parkinson's onset and progression. Still, Jeff M. Bronstein, M.D., Ph.D., a Professor of Neurology and the Fred Silton Family Chair of Movement Disorders at the University of California in Los Angeles believes that eating a Mediterranean diet, specifically, can play a role in both Parkinson's prevention and symptom progression.

"This diet, which is believed to be anti-inflammatory, reduces the risk of Parkinson's," says Dr. Bronstein. "People eating a Mediterranean diet for a long time can have up to half the risk of developing Parkinson's."

The Mediterranean diet consists of olive oil, fruits, vegetables, whole grains, nuts, and fish. Another hallmark of this dietary approach is that it focuses on whole foods and shuns overly processed foods that are associated with the Western diet, according to the Cleveland Clinic.

A review of the evidence supports Dr. Bronstein's view; it shows that the Mediterranean way of eating could help protect against Parkinson's onset and progression, and the review's authors attribute those benefits to the anti-inflammatory, antioxidant-rich foods in the diet. They recommend starting a Mediterranean diet from an early age – and add that it's never too late to adopt it – since imbalanced and negative gut-related changes are often seen decades before the motor symptoms of Parkinson's first emerge.

While he stops short of recommending the Mediterranean diet specifically, Dr. Kaplitt says he does tend to see sees improvements in his Parkinson's patients' health and Parkinson's symptoms when they regularly consume healthier foods, including those promoted by the Mediterranean diet. Still, it's a complicated issue, he notes.

"The evidence is not great that improving your gut health can actually slow Parkinson's or stop the disease itself," he clarifies. "But [eating healthfully] does make people better because it makes you healthier, overall."

Dr. Kaplitt says there is a lot of variability in the research, and more studies need to be done, before we have a definitive understanding about how impactful diet truly is on Parkinson's.

"As we understand more about the questions we need to ask, the studies can get better and allow us to really understand this better," he adds. "There's no question that improving your gut health does improve symptoms in Parkinson's – but [again], the studies right now are not great." He hopes future studies will give us concrete answers.

Source:
Parkinson's Foundation
HealthCentral.com

When Graham was diagnosed at just 42, he was working full-time and raising two young children. *"At first, I thought it was just stress,"* he said. *"Then came the tremors and everything changed."*

The reality of living with Parkinson's hit hard. *"You start to question your future. I honestly thought I'd end up in a wheelchair."*

As the condition progressed, Graham's world began to shrink. Crowded places felt impossible. Friends drifted away. *"I'd lose confidence just walking down the street. Sometimes it was easier to stay home than risk freezing or falling."*

That's when he reached out to Parkinson's NSW. The InfoLine nurses offered guidance. Support groups gave him belonging. Education sessions helped him manage symptoms and rebuild confidence.

"It wasn't just medical advice, it was knowing I wasn't alone. The support I've had has kept me part of the community. Without it, I'd have been isolated and scared."

"Parkinson's may have changed my pace, but it hasn't stopped my life. Connection is what keeps me moving."

Read more about Graham's https://www.pitchinforparkinsons.org.au/943B15

A monthly review of the top five issues raised in calls to the Parkinson's NSW InfoLine team (call 1800 727 567).

1. New Subcutaneous Advanced Therapy

There's been a lot of excitement about the new subcutaneous advanced therapy now being introduced in Australia. It's understandable, any new treatment offers hope. However, it's important to know that this therapy isn't suitable for everyone and isn't yet widely available. It's not a "wonder drug," but rather another option that may be appropriate for certain people under specialist care.

If you're interested in learning more, our InfoLine team can help you understand how the therapy works, who it may suit, and what steps to take if you'd like to discuss it with your neurologist.

2. Slip, Slop, Slap

As we head into summer, it's a good reminder that people living with Parkinson's, particularly those on certain medications, can have a slightly higher risk of melanoma. Getting morning sunlight is still important for bone health and mood, but balance is key. Slip on protective clothing, slop on sunscreen, slap on a hat, seek shade, and slide on sunglasses.

If you're unsure about how your medications might affect your skin or vitamin D levels, our InfoLine team can help guide you to reliable information and support.

3. Menopause and Parkinson's, When Symptoms Overlap

For women, navigating menopause alongside Parkinson's can be especially tricky. Hot flushes, fatigue, sleep changes, and mood shifts can feel like Parkinson's symptoms, and vice versa, making it hard to know what's causing what.

Keeping a symptom diary and talking with your GP or neurologist about changes can really help. Partners and families can also play a key role by listening, being patient, and helping track patterns. Our InfoLine can share practical ideas and resources for managing both conditions and finding the right specialists.

4. My Aged Care – Apply Before You Need It

A common piece of advice we share: don't wait until you're struggling to reach out for support. My Aged Care can help with services such as cleaning, transport, respite, and allied health, but applications take time. Setting things up early makes life much easier when your needs change.

If you're unsure where to start, our InfoLine team can explain the process and help you connect with the right services in your area.

5. Panic Attacks and Grounding Techniques

Panic attacks can be unsettling, especially when Parkinson's symptoms like trembling or breathlessness make them feel worse. Simple grounding strategies, such as slow breathing, focusing on your surroundings, or naming five things you can see, can help calm both body and mind.

For carers or family members, staying calm, speaking gently, and offering reassurance can make a big difference. Our counsellors and InfoLine team can also suggest practical tools and supports for managing anxiety and building confidence.

For information or personalised guidance on any of these topics, please contact the Parkinson's NSW InfoLine on 1800 727 567. We're here to support you every step of the way.

For evidence-based information and advice call the Parkinson's NSW InfoLine

1800 727 567
Parkinson's NSW InfoLine
Email: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au