Kidney Disease Resource Booklet

for **Southern Queensland Health Service Districts**







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Introduction

The Kidney Disease Resource Booklet for Southern Queensland Health Service Districts, has been a joint initiative of the Southern Queensland Renal Clinical Network, Kidney Health Australia (KHA) and KHA's Queensland Consumer Committee. The Queensland Consumer Committee is comprised of individuals who are affected by kidney disease in different ways and volunteer their time to enhance the quality of life of people with kidney disease.

This resource was produced to enable consumers in Southern Queensland to better access services and to assist health care professionals to make appropriate referrals to such services.

The services in this resource mainly apply to renal services within the following Health Service Districts:

- Metro South
- Princess Alexandra hospital
- Logan hospital
- Redland hospital
- Gold Coast
- Gold Coast hospital
- Robina hospital

- Darling Downs & West Moreton
- Toowoomba hospital
- Ipswich hospital
- Kingaroy hospital

Enquiries or feedback on content should be addressed to qld@kidney.org.au

Child & Youth

Provider	Description	Cost	Website	Phone Number	Email
Kids Help Line	Service offering telephone support and counselling to children and youth	Free general service	www.kidshelp.com.au	1800 551 800	admin@kidshelp.com.au
Kidney Health Australia National Kidney Kid's Camp	A national 5 day camp for children with kidney disease aged 7-17 years (runs every 18 months)	Free general service - small booking fee may apply	www.kidney.org.au	1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Kidney Health Australia Queensland Kidney Kids Capers	An annual program offering Queensland children with kidney disease and their families an opportunity to develop peer support networks while engaging in fun activities	Free general service	www.kidney.org.au	1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Kidney Kids Chat Newsletter	Quarterly newsletter for children with kidney disease, providing updates on events, puzzles and practical kidney information	Free general service	www.kidney.org.au	1800 454 363 (1800 4 KIDNEY)	kidneykids@kidney.org.au
Mater Child and Youth Mental Health Service (Kids in Mind)	Service offering support and guidance to children under the age of 18 years to help them deal with life's problems	Free general service	www.kidsinmind.org.au	07 3163 1640	kidsinmindsupport@ mater.org.au
Childhood Kidney Support Network	Initiative of the Kidney Support Network aimed at enhancing the lifestyle, health and wellbeing of children who have chronic kidney disease and their parents through parent and children peer support activities	Membership fee may be applicable	www. childhoodkidneysupport. ning.com	1800 358 797	parentsupport@ksn.org.au

Family & Relationships

Provider	Description	Cost	Website	Phone Number	Email
Relationships Australia	Organisation providing relationship counselling and family mediation	Free general Service	www.relationships.com.au	1300 364 277	generalenquiries@ relateqld.com.au
Families Australia QLD	Peak, not-for-profit organisation dedicated to promoting the needs and interests of families	Free general service	www.familiesaustralia.org. au	02 6273 4885	admin@familiesaustralia. org.au
Disability Carers Family Relationships Service	Organisation providing support and assistance to help families negotiate periods of stress and crisis in the provision of care to their disabled family member	Free general service	www.centacarebrisbane. net.au	1800 337 552	N/A
Kinection Counselling and Education	Branch of Spiritus offering a range of counselling, community development and education programs for individuals and families coping with stressful circumstances	Free general service	www.kinections.com.au	1300 114 397	www.kinections.com.au
Youth and Family Service Logan City	Community organisation providing assistance and support for young people and families	Free general service	www.yfs.org.au	07 3826 1500	yfs@yfs.org.au
Local Family Relationship centres	Provides families (whether together or separated) with access to information about family relationship issues, ranging from building better relationships to dispute resolution	Free general service	www.familyrelationships. gov.au	1800 050 321	N/A

Mental Health

Provider	Description	Cost	Website	Phone Number	Email
Lifeline	National organisation offering telephone counselling for people experiencing personal problems or crisis. Excellent Fact Sheets available on their website	Free general service	www.lifeline.org.au	13 11 14	N/A
Salvation Army Care Line	National organisation providing telephone crisis counselling and referral services	Free general service	www.salvos.org.au	1300 363 622 or 07 3831 9016	N/A
Beyond Blue	National organisation addressing depression and chronic illness	Free general service	www.beyondblue.org.au	1300 224 636	N/A
Black Dog Institute	Not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder	Free general service	www.blackdoginstitute.org.au	02 9382 4523	blackdog@blackdog.org. au
SANE Mental Health Help line	National organisation assisting people affected by mental illness	Free general service	www.sane.org	1800 187 263	helpline@sane.org
SANE Mental Health Info line	National organisation assisting people affected by mental illness	Free general service	www.sane.org	1800 187 263	info@sane.org
Princess Alexandra Hospital Renal Psychology	Providing psychology and counselling services to treat a range of issues including depression, anxiety and phobias for people with all stages of kidney disease	Free general service by referral	N/A	07 3176 2111	N/A
Relaxation Centre of Queensland	Community organisation offering courses and information to assist people to recognise, acknowledge and expand their personal qualities	Varied costs depending on service	www.relaxationcentreqld.org	07 3856 3733	relaxcentreofqld@ powerup.com.au

Social Support

Provider	Description	Cost	Website	Phone Number	Email
Australian Association of Social Workers	The professional representative body of Social Workers in Australia, assisting with locating a mental health social worker	Free general service	www.aasw.asn.au	07 3369 9818	aaswqld@aasw.asn.au
Princess Alexandra Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 3176 2610	N/A
Redland Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 3488 3111	N/A
Gold Coast Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 5519 8211	N/A
Robina Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 5668 6000	N/A
Ipswich Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 3810 1111	N/A
Toowoomba Hospital Renal Social Work	Counselling and support to strengthen individuals, couples and families affected by kidney disease	Free general service by referral	N/A	07 4616 6000	N/A

Respite & Carer

Provider	Description	Cost	Website		Lo	ca	lity	,	Phone	Email
				1	2	3	4	5	Number	
Blue Care	Home care agency providing allied health, nursing, respite, disability and domestic care in the home	Free general service with varied costs for specific care. Eligibility test required	www.bluecare.org. au						07 3377 3377	N/A
Spiritus	Not-for-profit organisation providing caring and supportive services to the community	Free general service with varied costs for specific care. Eligibility test required	www.spiritus.org.au						1300 785 853	N/A
Palliative Care Queensland	Peak palliative care organisation providing information and support to Queenslanders affected by terminal illnesses	Free general service	www. palliativecareqld. org.au						1800 660 055	enquiries@palliativecareqld. org.au
Young Carers Australia - Queensland	Initiative of Carers Qld offering support and education to young people under the age of 26 who provide care in a family affected by illness, disability, mental health and/or drug or alcohol issues	Free general service	www.youngcarers. net.au						1800 242 636	N/A
Carers Qld - Brisbane South	National organisation advocating for carers' rights and offering services and support to assist carers	Free general service	www. carersaustralia. com.au						07 3421 5900	N/A
Carers Qld - Ipswich/ Moreton	National organisation advocating for carers' rights and offering services and support to assist carers	Free general service	www. carersaustralia. com.au						07 3281 4611	N/A
Carers Qld- Toowoomba	National organisation advocating for carers' rights and offering services and support to assist carers	Free general service	www. carersaustralia. com.au						07 4632 8922	N/A

4. Ipswich

Respite & Carer

Provider	Description	Cost	Website		Lo	cal	ity		Phone	Email
				1	2	3	4	5	Number	
Home and Community Care (HACC)	Government organisation providing basic maintenance and support services to help frail older people and younger people with disabilities to continue living in their community	Free general service with varied costs for specific care. Eligibility test required	www.health.qld.gov. au/hacc						07 3898 0100	HACC-Admin@communities. qld.gov.au
Commonwealth Respite and Carelink Centre - South Brisbane	Government Information centres providing free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia	Free general service	www.commcarelink. health.gov.au						1800 052 222	carelink@fsq.org.au
Commonwealth Respite and Carelink Centre - Ipswich	Government Information centres providing free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia	Free general service	www.commcarelink. health.gov.au						1800 052 222	carelink.ipswich@bluecare. org.au
Commonwealth Respite and Carelink Centre - Toowoomba	Government Information centres providing free and confidential information on community aged care, disability and other support services available locally, interstate or anywhere within Australia	Free general service	www.commcarelink. health.gov.au						1800 052 222	carelink.toowoomba@ bluecare.org.au
Redland Home Assist Secure Services	Council-sponsored service providing home maintenance and security advice for senior citizens	Eligibility test required. Varied costs for services	www.redland.qld. gov.au then search for "Home Assist"						07 3383 7075	N/A

Self Management

Provider	Description	Cost	Website	Phone Number	Email
QFinder / Qld Health Hotline	QFinder is a Queensland Government initiative providing an internet directory of health and community services Qld Health Hotline is a number any Queenslander can call 24 hrs a day, 7 days a week where qualified health professionals will give you advice	Free general service	www.qfinder.qld.gov.au	Qld Health Hotline: 13 432 584 (13 HEALTH)	N/A
Kidney Health Australia	National non-government organisation providing written and online resources about managing kidney disease	Free general service	www.kidney.org.au	1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Renal Resource Centre	Community health service providing information and educational materials to assist in managing the effects of renal disease on lifestyle	Free general service	www.renalresource.com	1800 257 189	renalresource@nsccahs. health.nsw.gov.au
Ethnic Communities Council of Queensland - Chronic Disease Program	QLD organisation providing Chronic Disease education sessions and support to culturally and linguistically diverse populations	Free general service	www.eccq.com.au	07 3844 9166	N/A
Aged Care Information Line	Government service assisting people over 50 years of age with queries about home and community care, income & access to care	Free general service	www.seniors.gov.au	1800 500 853	admin@seniors.gov.au
Arthritis Foundation	Community organisation offering self-management to consumers and carers affected by various chronic conditions	Charges may apply	www.arthritis.org.au	07 3857 4200 or 1800 011 041	N/A
Brisbane South Community Health Centres- Self Management Program	Government organisation assisting people with chronic diseases to better self-manage	Free general service	www.health.qld.gov.au/ www.profiles/geii.asp	07 3278 0200	N/A
Diabetes Resource Group - Gold Coast Hospital	Government organisation assisting people to manage with diabetes	Free general service	www.health.qld.gov.au/ wwwprofiles/gcoast.asp	07 5519 8535	N/A
Palm Beach Community Health Service - Chronic Disease Course	Government organisation assisting people with chronic diseases to better self-manage	Free general service	www.health.qld.gov.au/ wwwprofiles/gcoast.asp	07 5525 5600	N/A
Palm Beach Community Health Centre - HEAL (Health Education Activity Lifestyle)	Six week courses, assisting people with chronic illnesses to manage symptoms and communicate with doctors	Free general service	N/A	07 5525 5600 or 1300 668 936	N/A

Social Networks

Provider	Description	Cost	Website		Lo	ca	lity	/	Phone	Email
				1	2	3	4	. 5	Number	
Kidney Health Australia QLD Consumer Committee	Initiative of Kidney Health Australia offering kidney consumers the opportunity to advocate for improvements to kidney care through consultation and lobbying	Free general service	www.kidney.org.au						1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Kidney Health Australia Peer Support Volunteer Program	A telephone-based service offering people with kidney disease the opportunity to communicate with other kidney consumers who have shared similar experiences	Free general service	www.kidney.org.au						1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Kidney Health Australia Blog	Social networking area for the kidney community where consumers with a connection to CKD, can meet, chat, share and support one another	Free general service	www.kidney.org.au						1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Transplant Australia	National organisation supporting transplant recipients and organ donor families, along with raising awareness of organ donation	Free general service	www.transplant. org.au						07 3378 0568	contactus@transplant.org.au
Mensline Australia	National telephone support service for men with family or relationship concerns	Free general service	www.menslineaus. org.au						1300 789 978	N/A
Self Help Queensland	Not-for-profit community group offering self help and support groups in Queensland	Free general service	www.selfhelpqld. org.au						07 3344 6919	selfhelp@gil.com.au

Locality guide:

1. Metro South & Logan 2. Redland & Bayside 3. Gold Coast

4. Ipswich

5. Toowoomba & Darling Downs

Social Networks

Locality guide:

Provider	Description	Cost	Website		Lo	oca	lity		Phone	Email
	·			1	2	3	4	5	Number	
Big D and Me	On-line blog providing dialysis and kidney consumers the opportunity to share experiences	Free general service	www.bigdandme. wordpress.com						N/A	N/A
Community Visitors Scheme - Department of Health & Ageing	A national program that provides companionship to socially or culturally isolated people living in Australian Government-subsidised aged care homes	Free general service. Eligibility test required	www.health.gov.au then search for "Community Visitors Scheme"						1800 500 853	N/A
Women's Wellbeing Association	Community group offering courses, groups and weekends of facilitated self-awareness for women	Charges may apply	www. womenswellbeing. org						07 3319 0970	Events@womenswellbeing. com
Kidney Support Network - Redlands	Redlands branch of the non government organisation providing support and education for people with kidney disease	Free general service. \$20 membership and small donation for transportation	www.ksn.org.au						1800 358 797	office@ksn.org.au
Diabetes Awareness Group - Redlands	Community group providing education and support for consumers and carers affected by Type 1 Diabetes	Free general service	www.daq.org.au						07 3824 4182	leeanneg@tpg.com.au
Diabetes Support Group - Palm Beach	Community group providing education and support for consumers and carers affected by Type 1 Diabetes	Free general service	www.daq.org.au						07 5525 5600	N/A
Diabetes Support Group - Ipswich	Community group providing education and support for consumers and carers affected by Type 1 Diabetes	Free general service	www.daq.org.au						07 3817 2594	N/A
Anxiety Self Help Support Group	Non-for-profit organisation providing support groups for those suffering from anxiety who wish to improve their quality of life	Free general service	www.mentalhealth. org.au						07 5591 5820 or 1300 729 686	N/A
TOMNET: The Older Mens Network	Not-for-profit organisation offering a range of support services for older men in regional, rural and remote locations in South-West Queensland	Free general service	www.tomnet.org.au						07 4638 9080	N/A

1. Metro South & Logan 2. Redland & Bayside 3. Gold Coast 4. Ipswich 5. Toowoomba & Darling Downs

Nutrition

Locality guide:

Provider	Description	Cost	Website		Lo	ca	lity Phone		Phone	Email
				1	2	3	4	5	Number	
Meals on Wheels	Community organisation offering the delivery of meals to the frail, aged and disabled	Small charge per meal	www.qmow.org						07 3205 5588	info@qmow.org
Lite n' Easy	Private company offering meal plans and meal delivery	Costs associated with certain services	www.liteneasy.com. au						13 15 12	N/A
The Diet Factory	Private company offering personalised and online assistance in weight management	Costs associated with certain services	www.dietfactory. com.au						1800 065 255	HACC-Admin@communities. qld.gov.au
Conessa Gourmet Meals	Private company offering meal plans and meal delivery	Costs associated with certain services	www.gourmetmeals. com.au						1300 112 112	info@gourmetmeals.com.au
Single Serve Meal Delivery	Private company offering meal delivery to the home	10 meals \$87.00 (approx), Pensioner \$82.65	www. singleservemeals. com.au						1800 810 830	N/A
Trim-a Weigh	Private company offering meal delivery to the home	10 meals \$92.00. Pensioner discount \$87.40/week	www. trimaweighmeals. com.au						1300 366 377	N/A
Weight Reduction Clubs of Queensland	Not-for-profit organisation encouraging people to assist each other to solve the problem of being overweight	Varied costs depending on service	www.wrcq.com.au						07 3260 6220	N/A

Nutrition

Locality guide:

Provider	Description	Cost	Website		Lo	cal	ity		Phone	Email
				1	2	3	4	5	Number	
Renal Resource Centre	Community health service providing information and educational materials to assist in managing the effects of renal disease on lifestyle. Excellent recipe book "Healthy Eating on a Renal Diet" available	Free general service. Charges may apply for some publications (recipe book \$29)	www.renalresource.						1800 257 189	renalresource@nsccahs. health.nsw.gov.au
Dieticians Association Of Australia	Peak dietetics body providing information about dietetics and assisting to locate a dietitian	Free general service	www.daa.asn.au						02 6163 5200	nationaloffice@daa.asn.au
Princess Alexandra Hospital Renal Dietetics	Dietetic Service providing nutrition and dietary advice to people with all stages of kidney disease	Free general service by referral	N/A						07 3176 2111	N/A
Redland Hospital Renal Dietetics	Dietetic Service providing nutrition and dietary advice to people with all stages of kidney disease	Free general service by referral	N/A						07 3488 3111	N/A
Toowoomba Hospital Renal Dietetics	Dietetic Service providing nutrition and dietary advice to people with all stages of kidney disease	Free general service by referral	N/A						07 4616 6000	N/A
Gold Coast Hospital Renal Dietetics	Dietetic Service providing nutrition and dietary advice to people with all stages of kidney disease	Free general service by referral	N/A						07 5519 8211	N/A
Robina Hospital Renal Dietetics	Dietetic Service providing nutrition and dietary advice to people with all stages of kidney disease	Free general service by referral	N/A						07 5668 6000	N/A

1. Metro South & Logan 2. Redland & Bayside 3. Gold Coast 4. Ipswich 5. Toowoomba & Darling Downs

Physical Fitness

Locality guide:

Provider	Description	cription Cost W	Website	Π	Lo	cal	ity		Phone	Email
				1	2	3	4	5	Number	
Australian Physiotherapy Association - QLD	Peak physiotherapy body providing information about physiotherapy and assisting the general public to locate a physiotherapist	Free general service	www.physiotherapy. asn.au						07 3423 1553	qld.branch@physiotherapy. asn.au
Association of Occupational Therapists / OT Australia	Peak occupational therapy body providing information about occupational therapy and assisting to locate a occupational therapist	Free general service	www.ausot.com.au						07 3397 6744	info@otqld.org.au
Heart Foundation Heartmoves	A gentle physical activity program offered to people with health condition	Free general service	www.heartmoves. heartfoundation. org.au						1300 36 27 87	N/A
Heart Foundation Walking Groups	Walking groups run locally by the Heart Foundation to help people keep active	Free general service	www. heartfoundation. org.au						1300 362 787	N/A
Kidney Support Network Healthy Lifestyle Choice Program	A 6 week course designed to help people affected by kidney disease lose weight and enjoy a healthier lifestyle	\$25 for a 6 week course	www.ksn.org.au						1800 358 797	office@ksn.org.au
GOLD: Growing Old and Living Dangerously	A Brisbane City Council Active and Healthy Lifestyle program providing free or low- cost activities for residents 50 years and over	Varied costs depending on service	www.brisbane.qld. gov.au go to the Facilities and Recreation tab						07 3403 8888	N/A

Physical Fitness

Locality guide:

Provider	Description	Cost	Website		Lo	ca	lity		Phone	Email
				1	1 2 3 4 5	5	Number			
Lighten Up to a Healthy Lifestyle - Eight Mile Plains, Community Health Centre	An 8-10 week course involving a 2 hour session once a week to motivate to make healthy lifestyle changes	Free general service	N/A						07 3275 5411	N/A
Waterloo Bay Leisure Centre	Volunteer run community centre offering sporting, leisure, crafts and musical recreation programs in the Wynnum/Manly region	\$11 Membership. Recreation session costs \$2 - \$4 each	www.wynnummanly. com.au						07 3396 9488	N/A
Donald Simpson Over Fifty Leisure Centre	Community centre offering people over 50 sporting, leisure, craft, computer and support activities	Application required. Varied costs for individual activities	www. donaldsimpsoncentre. com						07 3821 1089	N/A
Lighten Up to a Healthy Lifestyle - Helensvale Community Health Centre	An 8-10 week course involving a 2 hour session once a week to motivate to make healthy lifestyle changes	Free general service	N/A						07 5580 7800	N/A
Southern Gold Coast 60 and Better Program INC	Community organisation offering active lifestyle programs for people 60 years and over	Free general service	N/A						07 5525 6466	sgc60@bigpond.com
RHealth	A member based GP support organisation delivering innovative and dynamic health programs & services in rural and remote communities across Southern and South West Queensland	Membership fee may be applicable	www.rhealth.com.au						07 4162 5230	N/A
Energise	An exercise group for people aged over 50 years run by Toowoomba City Council	Free general service	N/A						1800 626 168	energise.onthemove@ gmail.com

1. Metro South & Logan 2. Redland & Bayside 3. Gold Coast 4. Ipswich 5. Toowoomba & Darling Downs

End of Life

Provider	Description	Cost	Website	Phone Number	Email
Palliative Care Helpline	A free, state wide telephone service that can provide counselling as well as information about palliative care services in your local area. Website has links to helpful brochures and fact sheets	Free general service	www.palliativecarehelpline.org. au	1800 772 273	N/A
Palliative Care Qld	The peak organisation for palliative care in Queensland. The website has informative fact sheets as well as an 'Understanding Palliative Care' multi-media DVD in the 'Download' section	Free general service	www.palliativecareqld.org.au	1800 660 055	enquiries@ palliativecareqld.org.au
Legal Aid - QLD	Independent government funded body providing legal information, advice and representation. Services and information include Advance Health Directives	Free general service	www.legalaid.qld.gov.au	1300 651 188	N/A
Public Trustee of Queensland	Government agency assisting people to prepare wills	Varied costs depending on service	www.pt.qld.gov.au	1300 360 044	clientenq@pt.qld.gov.au
Department of Justice	Web pages to explain and assist making an Advance Health Directive	Free general service	www.justice.qld.gov.au/justice- services/guardianship/making- health-care-decisions	N/A	N/A

Financial & Legal

Provider	Description	Cost	Website	Phone Number	Email
Centrelink	Australian Government statutory agency delivering a range of Commonwealth services including assisting individuals and families to become self-sufficient	Free general service	www.centrelink.gov.au	13 10 21	N/A
Centrelink - Disability, Sickness and Carers	Australian Government statutory agency assisting with financial support to both the carer and the sick	Free general service	www.centrelink.gov.au	13 27 17	N/A
Centrelink - Family Assistance	Australian Government statutory agency assisting with financial support and providing information to help families in need	Free general www.centrelink.gov.au service		13 61 50	N/A
Medicare	An Australian Government agency, delivering a range of payments and services to the Australian community in relation to healthcare	Free general service	www. medicareaustralia.gov.au	13 20 11	medicare@ medicareaustralia.gov.au
Caxton Legal Centre	Community organisation providing free legal advice, social work services, assistance and referrals for the general public	Free general service	www.caxton.org.au	07 3254 1811	caxton@caxton.org.au
Legal Aid - QLD	Independent government funded body providing legal information, advice and representation. Services and information include Advance Health Directives	Free general service	www.legalaid.qld.gov.au	1300 651 188	N/A
Queensland Law Society	Peak professional body for solicitors providing referrals to solicitors	Varied costs depending on service	www.qls.com.au	07 3842 5842	info@qls.com.au
Public Trustee of Queensland	Government agency assisting people to prepare wills	Varied costs depending on service	www.pt.qld.gov.au	1300 360 044	clientenq@pt.qld.gov.au
Free Legal Queensland	Online law service providing information about legal services available across QLD	Free general service	www.freelegal.com.au	N/A	N/A

Study & Employment

Provider	Description	Cost	Website	Phone Number	Email
Centrelink - Employment Service	Australian Government statutory agency assisting people to find work and provide training Free general service www.centrelink.gov.au		13 28 50	N/A	
TAFE	Institution offering education and trade training courses across Queensland	Varied cost depending on course	www.tafe.qld.gov.au	1300 308 233	N/A
JobAccess	Australia Government agency assisting people with a disability or sickness to find work	Free general service	www.jobaccess.gov.au	1800 464 800	N/A
Skilling Solutions Queensland	Queensland Government agency offering free training and career information service	Varied costs depending on service	www.skillingsolutions.qld. gov.au	1300 654 687	skillingsolutions@deta.qld. gov.au
Centrelink - Austudy	Austudy provides financial help if you are aged 25 years or more and studying or undertaking an Australian Apprenticeship full-time	Free general service	www.centrelink.gov.au	13 24 90	N/A
Australian JobSearch	Disability employment service providing specialist help for people with disability, injury or health condition who require support to find and maintain sustainable employment	Free general service	www.jobseach.gov.au/ jobseekersInfo/pages/ disability.aspx	13 62 98	N/A
U3A - University of the 3rd Age	Worldwide self-help organisation promoting learning for personal enjoyment and satisfaction	Annual membership and small fee for classes	www.u3abrisbane.org.au	07 3846 3600	N/A

Transportation

Provider	Description Co	Cost	Website		Lo	са	cality		Phone	Email
				1	2	3	4	5	Number	
QLD Patient Travel Subsidy Scheme	Financial assistance scheme providing a contribution towards the cost of transport and accommodation when services are more than 50 kilometres away in one direction	Eligibility test and referral from medical practitioner required	www.health.qld.gov. au/iptu						13 43 25 84	patienttravelreform @health.qld.gov.au
LANDS Community Services	Organisation providing a variety of community transport options and other community services	Cost varies depending on distance and HACC eligibility	www.lands.org.au						07 3422 7990	admin@landsinc.org.au
Kidney Support Network - Brisbane	Non government organisation providing support, transport and education for people with kidney disease	Free general service. \$20 membership and small donation for transportation	www.ksn.org.au						07 3300 0906	transport@ksn.org.au
Kidney Support Network - Gold Coast	Non government organisation providing support, transport and education for people with kidney disease	Free general service. \$20 membership and small donation for transportation	www.ksn.org.au						07 5539 1100	gcprograms@ksn.org.au
Special Transport Assistance Redlands (STAR)	Volunteer run community service providing transport to Redlands residents with mobility issues	Eligibility test required. Must register with service	www. more2redlands. com.au						07 3821 6699	N/A
CODI - Coordinating Organisation for the Disabled in Ipswich	Organisation providing medical transport for the disabled to and from Brisbane and Ipswich hospitals	\$25 return, Carer \$5 extra	N/A						07 3282 7877	N/A
Toowoomba Community Care Transport	A service offering transport to and from medical facilities for aged persons or those of relative mobility who have limited means of transport	Varied costs depending on service	N/A						07 3638 9080	N/A

4. Ipswich

Transportation

Locality guide:

Provider	Description	Cost Website			Lo	ca	lity		Phone	Email
				1	2	3	4	5	Number	
Queensland Ambulance Non-emergency Service	Government service offering pre-arranged transportation to a medical facility for those having ongoing medical treatment	Costs associated with certain services. Authorised certificate from a medical practitioner required	www.ambulance. qld.gov.au						13 12 33	N/A
TransLink	Information on Public Transport for South East Queensland	Free general service	www.translink.com. au						13 12 30	N/A
Council Cabs - Brisbane	Council service offering shared taxi rides at scheduled times to local shops	\$1 and \$3 one way trip. Eligibility test required	Via Brisbane City Council website www.brisbane.qld. gov.au						07 3403 2227	N/A
Council Cabs - Gold Coast	Council service offering shared taxi rides at scheduled times to local shops	\$1 and \$3 one way trip. Eligibility test required	Via Gold Coast City Council website www.goldcoast.qld. gov.au						via Gold Coast City Cabs 131 008	N/A
Council Cabs - Logan	Council service offering shared taxi rides at scheduled times to local shops	\$1 and \$3 one way trip. Eligibility test required	Via Logan City Council website www.logan.qld.gov. au						via Yellow Cabs 13 62 94	N/A
Taxi Subsidy Scheme	Government service which aims to improve the mobility of persons with severe disabilities who cannot utilise public transport	Half price concession. Eligibility test required	www.transport. qld.gov.au/Home/ Industry/Taxi_and_ limousine/Taxi_ subsidy_scheme						1300 134 755	N/A

Travel & Holidays

Provider	Description	Cost	Website	Phone Number	Email
Dialysis Escape Line	Not-for-profit organisation providing set-up for temporary dialysis services, including the coordination of cruises, tours and other holidays for people on dialysis	Costs associated with certain services	www.dialysisescapeline. com	08 8227 0181	info@dialysisescapeline. com
Kidney Health Australia - Dialysis Unit Guide	On-line and information booklet containing contact and location information about all dialysis units in Australia	Free general service	www.kidney.org.au see "For Patients" section	1800 454 363 (1800 4 KIDNEY)	qld@kidney.org.au
Kidney Support Network Yeppoon Resort	Initiative of the Kidney Support Network providing travel/accommodation assistance to those wishing to visit the Yeppoon area	Costs associated with certain services	www.ksn.org.au	1800 358 797	office@ksn.org.au
Christchurch Kidney Society Camper Van Service	Community group in Christchurch (NZ) that offers travel support for people with kidney disease travelling to NZ	Costs associated with certain services	www.kidneys.co.nz/ Patient-Support-Centres- Map/Christchurch- Support-Group	0011 64 3379 5529 (international call)	c.ks@xtra.co.nz
Baxter Travel Club	Private company offering travel assistance to Baxter patients	Costs associated with certain services	www.australasia.renalinfo. com	1300 789 646	N/A
Medicare - Reciprocal Agreement Schemes for Travel	Program offered through Medicare providing information on travel to other countries which may cover the cost of dialysis while overseas	Free general service	www.medicareaustralia. gov.au	13 20 11	medicare@ medicareaustralia.gov. au

Patient Product Suppliers

Provider	Description	Cost	Website	Phone Number	Email
Kidney Support Network : Equipment Shop	Not-for-profit organisation providing medical equipment for dialysis and transplant patients including Fistula Protectors, wrist bands for Dialysis/ Transplant, scales, BP monitors, PD belts, circulation boosters	Varied costs depending on item	www.ksn.org.au	1800 358 797	office@ksn.org.au
Diabetes Australia Queensland	National not-for-profit organisation representing the interests of people with diabetes and providing discounted products for managing diabetes care	Varied costs depending on item	www.daq.org.au	1300 136 588	information@daq.org.au

Feedback

To ensure we're providing an accurate and relevant resource, we would welcome your feedback on this book. Information to assist could include:

- How useful was this book?
- Do you have any recomendations to include?
- Do you have any comments regarding this book?
- Was the book accurate?
- Did the service you wished to contact exist?
- Did you have any problems with reading the text?
- Was the text large enough to read?
- Did you understand the categories?
- Could you find what you were looking for?

Please forward any feedback to qld@kidney.org.au

