

Huntington's disease (HD) is an inherited neurodegenerative disease that generally results in uncontrolled movements, emotional disturbances and mental deterioration.¹ HD can affect more than just the person who is living with the disease, including family, friends and community members. With the right resources and a strong care team, there is hope to face this disease together.^{1,2}

Daily Living } Reduce stress and promote positive routines.



Implement a daily routine and use a calendar as a reminder for planned activities.¹



Prioritize and organize tasks by breaking them down into manageable steps.¹



Create a calm environment to minimize distractions and stress.¹



Facilitate social interactions to sustain relationships with friends and family.¹

Eating and Nutrition } Help maintain health through good nutrition.

Eat foods that reduce difficulties chewing and swallowing, such as:⁴



Avocados



Mashed Sweet Potatoes



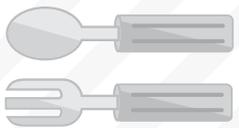
Pureed Fruit



Rich Soups



Smooth Nut Butters



Use special tableware, such as silverware with large handles, to help overcome some of the challenges of eating with chorea symptoms.⁴



Limit caffeine to help avoid exacerbating tremors and involuntary movements.⁴

Home Safety } Create a safer living environment for everyone in the home.

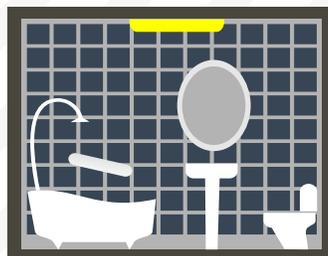


Bedroom⁵

- Move bed close to light switches
- Use night lights
- Arrange furniture to maximize space

Bathroom⁵

- Place non-slip mats in the shower or tub
- Install grab bars
- Use shower seat



Living Areas⁵

- Remove throw rugs
- Remove clutter
- Pad edges of furniture



Physician

Ask your physician about a personalized HD management plan.^{1,2}

Contact Information: _____

Occupational Therapist

Ask your occupational therapist about assistive devices for everyday activities.¹

Contact Information: _____

Speech Pathologist

Ask your speech pathologist about communication tools and devices, such as a board with images of everyday objects.¹

Contact Information: _____

Physical Therapist

Ask your physical therapist about exercises for improving strength, flexibility, balance, coordination and posture.¹

Contact Information: _____



Psychiatrist/Psychologist/Social Worker

Ask your psychiatrist, psychologist or clinical social worker how talk therapy can help with the emotional effects of HD.¹

Contact Information: _____

Registered Dietician/Nutritionist

Ask your registered dietician or nutritionist how to select foods and build meals that make eating a more enjoyable experience.³

Contact Information: _____

Connect with others in the HD community: www.facebook.com/MovingTogetherForHD
Learn more about chorea associated with HD: www.choreamatters.com



¹ MayoClinic.org. Huntington's Disease. <http://www.mayoclinic.org/diseases-conditions/huntingtons-disease/basics/definition/con-20030685>. Accessed 1/16/15.
² Shannon, K; Hersch, S; Lovecky, D; Tarapata, K. (2009). Huntington's Disease: A Family Guide. New York, NY: Huntington's Disease Society of America.
³ Meyer, SJ. Building Your Local Care Team. <http://www.hdsa.org/images/content/2/3/v2/23069/Building-a-Care-Team.pdf>. Accessed 1/16/15.
⁴ Gaba, A. (2010). Nutrition and Huntington's Disease: A Guide for Families. New York, NY: Huntington's Disease Society of America
<http://www.hdsa.org/images/content/1/1/11695.pdf>. Accessed 1/22/15.
⁵ Knewstep-Watkins, S; Umback, E; Wilkinson, L; Zenker, J. (2011). Safety in the Home. <http://www.hdsa.org/images/content/1/5/15703.pdf>. Accessed 1/22/15