

# Huntington's Disease and Me

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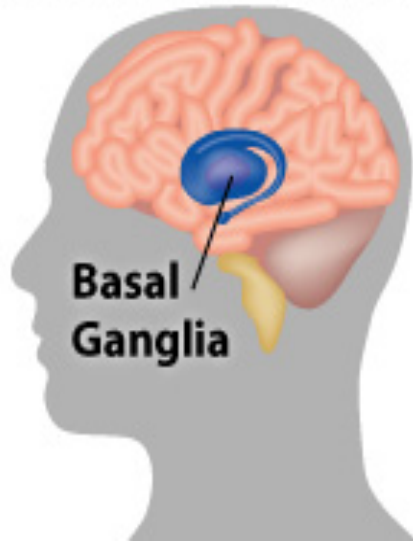
*PRESENTED BY*

*BRYAN GREENE, NCI+*

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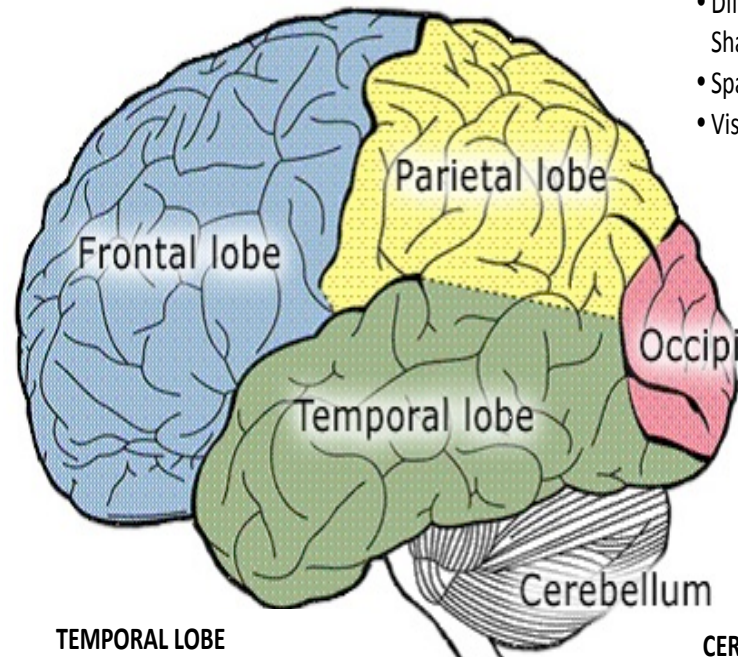
There is no “one size fits all”  
with HD.

## Huntington's Disease Affects the Brain's Basal Ganglia



### FRONTAL LOBE

- Initiation
- Problem-Solving
- Judgment – Inhibition of Behavior
- Planning/Anticipation
- Self-Monitoring
- Motor Planning
- Personality/Emotions
- Awareness of Abilities/Limitations
- Organization
- Attention/Concentration
- Mental Flexibility
- Speaking (Expressive Language)



### PARIETAL LOBE

- Sense of touch
- Differentiation: Size, Shape, Color
- Spatial Perception
- Visual Perception

### OCCIPITAL LOBE

- Vision

### TEMPORAL LOBE

- Memory
- Hearing
- Understanding Language (receptive language)
- Organization/Sequencing

### BRAIN STEM

- Breathing
- Heart Rate
- Arousal/Consciousness
- Sleep/Wake Functions
- Attention/Concentration

### CEREBELLUM

- Balance
- Coordination
- Skilled Motor Activity

# Trouble Filtering

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Good and Bad  
Better and Best  
Same and Different  
Movements  
Inhibitions  
Outcomes

Staying on Task/Focused  
Self Awareness/  
Unawareness  
Of Behavior  
Personal Hygiene

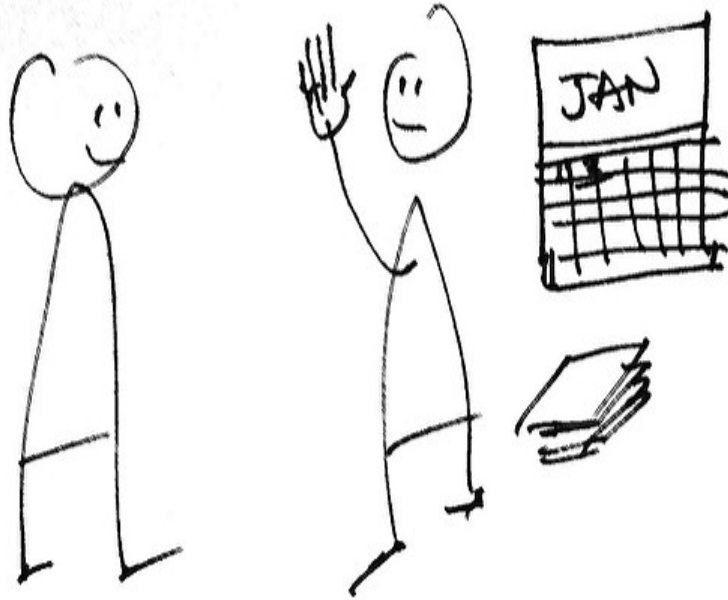
Emotions  
Impulses

We Must Prepare  
Ourselves to  
Manage How We  
React.

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# RELATIONSHIPS MATTER



Relationship Status:  
**it's complicated**



*They will know if you make them  
feel safe, listened to and  
respected...*

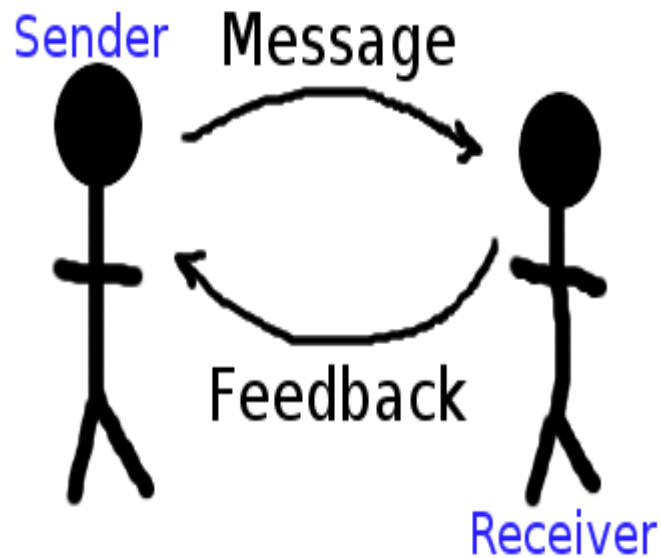
Every Human has the  
Need to be Validated  
and Respected!

# Communication

*Body language, simultaneous thought, divided attention, emotion, perception, hearing, tone, cadence, distance, background, organization, breathing, muscle control, initiation*

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## Verbal



## Non-Verbal





# Strategies

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Relaxed Body Language

Keep Independence

Break Down Tasks

Simplify Words/ Phrases/  
Concepts

Clearly State Emotions

Re-Structure Questions

Always Tell Before You Do

Use More Visual Aids

Patience

And Always...



# Irritability/ Anger?

Hungry/ Thirsty?

Environmental?

Too much information?

Being in a hurry?

Structure/ Routine?

Personal needs?

Loss of independence/  
ability?

Anger is going to happen and inappropriate anger is going to happen with **HD**.

*Check yourself and choose your battles*

## De-escalation Techniques:

**Low Voice:** *Don't match. Kind words. Be quiet*

**Space:** *Step away. Leave*

# Other Considerations...

## Perseveration

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*Do nothing or Interrupt*

Depression and Suicidal Thoughts

*Report to Medical Team*

*Remove or lock up all weapons*

*Active Listening*

*Keep a predictable routine*

Aggression

*Remove yourself and others*

*It's time to get help*

*“A Person May Not  
Remember What You  
Did, But They Will  
Remember How You  
Made Them Feel”*

MAYA ANGELOU



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