



Huntington's Disease  
Society of America

# Talking About HD with Family & Friends

*Lauren Holder & Lindsey Zan, MS*



**GOOD AFTERNOON!**

As you are waiting for the session to begin, write down 1-3 types of conversations about HD that you have had a hard time with.



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HDSA encourages all attendees to consult with their primary care provider, neurologist or other healthcare provider about any advice, exercise, medication, treatment, nutritional supplement or regimen that may have been mentioned as part of any presentation.

# Objectives

After this session **you** will be able to:

1. Begin conversations about HD with various types of people
2. Identify the information you want to share when talking about HD
3. Feel comfortable talking about HD and how you feel.

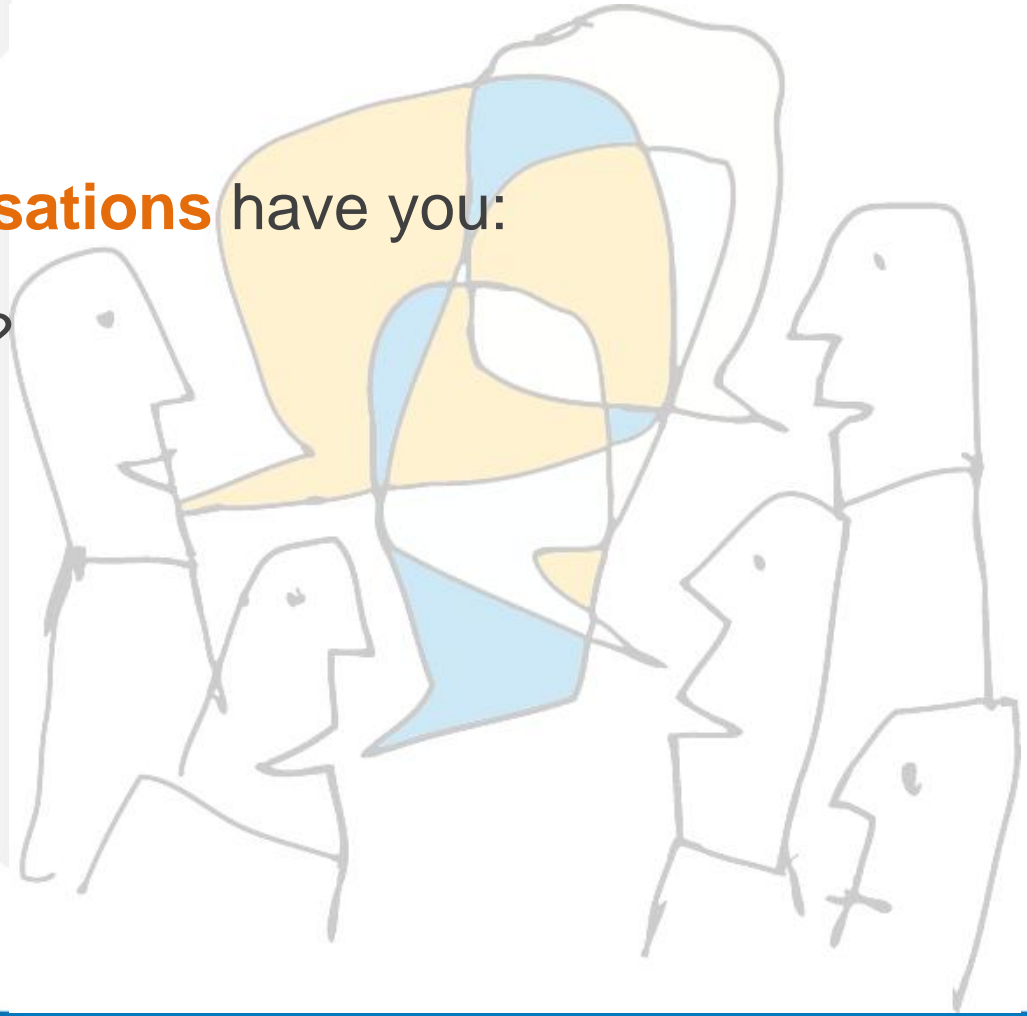


"EACH OF YOU HAS BEEN GIVEN A SIMPLE, YET POWERFUL TOOL..."

# Types of Conversations

What types of **HD conversations** have you:

- *felt uncomfortable with?*
- *struggled with?*
- *been afraid to have?*
- *wanted help with?*



# Agenda

1. Introduction – 5 minutes
2. Parents & Family – 10 minutes
3. Friends & Acquaintances – 10 minutes
4. Romantic Partners – 10 minutes
5. Dual Relationships – 10 minutes
6. Questions – 10 minutes
7. Feedback – 5 minutes



# Presenter Disclosures

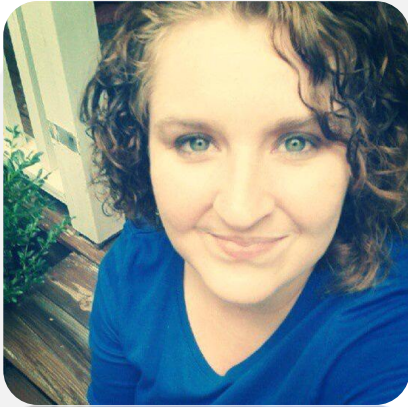
## *Lauren Holder*

I have had **no** personal financial relationships with commercial interests relevant to this presentation during the last 12 months.

## *Lindsey Zan, MS*

I have had **no** personal financial relationships with commercial interests relevant to this presentation during the last 12 months.

# Presenter Bios



*Lauren Holder*

- Winston-Salem, NC
- Married
- Animal lover
- Works in Medical Industry
- Local Chapter President



*Lindsey Zan, MS*

- New Orleans, LA
- A Longhorn & Total Foodie
- Business Psychologist
- Talking with Kids Workgroup
- Clinical Trials Diplomat

*Talking with*

# PARENTS & FAMILY



# Things to Consider



*Talking with*

# FRIENDS & ACQUAINTANCES

# Things to Consider



*Talking with*

# ROMANTIC PARTNERS

# Things to Consider

- What is the relationship?
- When is too soon?
- When is too late?
- How will you feel towards different reactions?



Talking with

# PEOPLE IN DUAL ROLES

# Things to Consider

How could this **impact**:

- Program acceptance?
- Career advancement?
- Medical care eligibility?
- Forming personal connections?



# Asking for Help



# Questions



# Feedback

*Don't forget to leave us feedback!*

