

Thinking Ahead: Useful Tips

When something unexpected happens, such as illness, it may feel as though you have less control of your life. As part of living with Huntington's disease (HD), you may wish to consider some long term choices in relation to travel, education, career choices and having children. Thinking about these choices ahead of time will give you the opportunity to reduce the impact of HD and regain some control over your life and your future.

Although these are very personal decisions and decisions you do not need to rush into making, the following tips may help:

Consider financial matters early on. This may include contacting your superannuation provider, Centrelink or meeting with a financial advisor.

Organise legal matters. You can meet with a legal advisor or consult the Office of the Public Advocate website with respect to enduring power of attorney, wills, end of life care

Ask yourself "Do I have a support network?" It is important to be surrounded by people, whether that be family or friends, who you can count on for support now and into the future.

Be reassured that you can have meaningful relationships. Living with HD should not preclude you from forming meaningful relationships. Having open and honest relationships with your partner, family and friends can help ease some of the burden of concerns that you have.

Set yourself up to be able to live independently as long as possible by:

- Living in close proximity to public transport
- Ensuring that you have access to local support services, family, friends, health centres, etc.
- Organising stable housing

If you are thinking of starting a family, seek advice from your HD specialist or HD association with regards to family planning options.

Consider when and how you want to tell the important people in your life about HD and seek advice from a counsellor or your HD association if required.