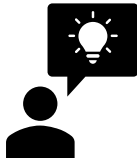




HIDDEN WORLD OF HUNTINGTON'S PHOTOVOICE PROJECT GUIDE

STEP ONE	Read the photo prompt	https://www.facebook.com/HuntingtonsAustralia/ https://www.instagram.com/huntingtonsaustralia/ Text from Cassie HDPhotovoice
STEP TWO	Think about what photo you want to take	
STEP THREE	Use a smart phone to take the photo	
STEP FOUR	Send photo to 0466 607 006	
STEP FIVE	Text the answers to 0466 607 006	<ul style="list-style-type: none"> • Title • What does the image mean to you? • What is the context? • What do you want people to know?

HIDDEN WORLD OF HUNTINGTON'S PHOTOVOICE PROJECT EXAMPLES



Title: Expired IVF Meds

What does this image mean to you?

To me this picture feels chaotic and confusing, which is exactly what going through IVF / PGT process was like (mainly due to dealing with doctors and medical systems)

What is the context?

These are just the excess, leftover meds from my IVF process. Hundreds of dollars' worth in this pic alone!

What do you want people to know? After 3+ years of bags of IVF meds taking up space in my fridge I finally threw them all in the bin after taking these photos. It felt very therapeutic.



Title: HD FREE

What does this image mean to you?

Thanks to the science of IVF/ PGT, financial support from my parents in law, and emotional support from my husband and family, I was able to make sure my son was born HD free. I am so grateful.

What is the context?

The financial, emotional, time and physical costs – and all the drugs, procedures and needles - were all worth it

What do you want people to know?

I thought it would be simple because I wasn't doing IVF for fertility. It wasn't! It was probably the hardest thing I've ever done.



Title: Max!

What does this image mean to you?

Every day he brings me moments of pure joy and makes my heart feel so big

What is the context?

One of his fave things is being covered in his teddies. (I liked the contrast between this image and the pile of IVF meds)

What do you want people to know?

It took so long to get a HD free embryo, I had started to give up. I'm so glad I didn't! He is worth going through all of it.

A Simple Guide to Taking Impactful Photos

Choose Your Camera

- A smartphone camera is a great option because it is easy to use.
- If using a regular camera, start with an automatic mode to keep things simple.



Keep It Steady

- Hold the camera with both hands to avoid blurry pictures.
- Rest your arms on a table or use a tripod for extra stability.
- Contact us if you are having trouble on 0466 607 006 or hdphotovoice@gmail.com



Find Good Lighting

- Natural light is best—try taking photos during the day near a window or outside.
- Dusk and dawn are the “golden hour” and have beautiful natural light
- If it's dark, use a lamp or your camera’s flash carefully to avoid harsh shadows.



Focus on Your Subject







- Tap the screen (on a smartphone) or press the shutter button halfway (on a camera) to make sure the person or thing (subject) in your photo is in focus.
- Keep the main subject in the centre or slightly to the side for a balanced look.



Keep It Simple

- Avoid too many distractions in the background.
- Move closer to your subject instead of using zoom to keep details clear.



<p>Capture Emotions and Stories</p> <ul style="list-style-type: none"> • Look for moments that show feelings, like smiles or excitement. • Take multiple photos and choose the best one later. • Think about how it makes you feel. Ask other people how it makes them feel. Is that what you wanted? 	
<p>Try Different Angles</p> <ul style="list-style-type: none"> • Experiment with taking pictures from above, below, or from the side. • Move around to see what looks best. 	
<p>Use Editing Tools</p> <ul style="list-style-type: none"> • Practice using your phone's editing tools to make colours brighter and images clearer. • Try adjusting brightness and contrast for a polished look or blur the background. • Black and white filters can be very powerful. 	
<p>Enjoy yourself!</p> <ul style="list-style-type: none"> • Practice and have fun! • There is no wrong way to take a photo—keep trying different things and enjoy the process! 	
<p>Have Any Questions?</p> <p>Contact us if you are having trouble or want to learn more about editing: 0466 607 006 or Email: hdphotovoice@gmail.com</p>	
<p>Share Your Work</p> <ul style="list-style-type: none"> • Text your favourite photos to 0466 607 006 using WhatsApp • Share the story by texting the answers to these questions: <ul style="list-style-type: none"> ○ Title ○ What does this photo mean to you? ○ What is the context? ○ What do you want people to know? 	

Extra Photography Tips and Tricks

The Rule of Thirds

Imagine a grid placed over your images with two vertical lines and two horizontal lines that divide the picture into nine equal sections. If you were following the Rule of Thirds, rather than positioning your subject or the important elements of a scene at the centre of the photo, you would place them along one of the four lines, or at the points where the lines intersect. Some cameras and smartphones have a grid option you can turn on, which can be useful if you're still learning to compose your images.



Eyes should always be in focus

When shooting portraits, you'll be focusing on a very small area so it will be more important than ever that you get a nice sharp image. The eyes in particular are an important facial feature, and they're often the first thing people look at, especially when it comes to close-ups and headshots. The eyes don't have to be in the middle of the photo, but they should be your main point of focus.



Pay attention to the background

Generally speaking, the background should be as simple and clutter free as possible so that it doesn't pull the viewer's attention away from the main subject of the photo. Fixing a distracting background can be as simple as moving your subject or changing your angle. You can also try blurring the background. Many smartphones can do this by using "portrait mode".



Be careful with the flash

If you're not careful, using your camera's built-in flash at night or in low light can lead to some unpleasant effects like red eyes and harsh shadows. Try using lamps for softer light at night. If you don't like the shadows, try changing the angle by moving around. The hour just after the sun rises or before it sets is called the "golden hour," because the sun is lower in the sky and the light is softer and warmer. Of course, the golden hour is not the only time you can get good outdoor photos, but it does make it easier.



Learn from your mistakes

Getting overexposed, blurry or badly composed photos can be frustrating, but rather than letting such photos discourage you, use them as a learning tool. The next time you get a bad photo; don't immediately hit the delete button. Instead, spend some time studying the photo to work out what went wrong and how you could improve it. Google photography tips or send us a message on 0466 607 006 if you need more help.



Change Your Perspective

By simply changing your perspective, adjusting the angle or distance from which you shoot, you can completely change the mood and meaning of your images. You can experiment by shooting the same subject from above and below. A bird's-eye view can make a person in your shot seem small, while shooting from below can make it look like the same person is now towering over you. Shooting from far away can make a person look insignificant, and highlight the scale of a landscape, while getting up close and having them fill the frame can convey a sense of importance. Don't be afraid to move around to search for interesting angles.



Ethical Photography Practices

Always seek permission and be transparent

- Explain the project
- Tell them why you want to take the photo
- Ask their permission

Respect the right to refuse

If someone declines to be photographed, respect their decision and do not proceed.

Share your portraits with your subjects

It's a good practice to show your portraits to the subjects and offer to share the file with them.

The *Hidden World of Huntington's Photovoice Project* team will never share your photos without permission from you and the people in your photos.

FAQ – FREQUENTLY ASKED QUESTIONS

Who can take photos for the *Hidden World of Huntington's Photovoice Project*?

Anyone from a Huntington's family whether they are currently living with Huntington's or not can take part. So can their loved ones, care support workers, and health professionals who work with people with Huntington's. We want to understand the experience of Huntington's from the whole community.

Who will see my photos?

The Lead Researcher, Cassie Caratti will be the only person who knows that you sent your photo. Cassie will de-identify your photo. Your photo will only be shared with your permission after a discussion with Cassie.

Do I have to take part in the research project?

No. The research is voluntary, and you can share your photos with Huntington's Australia without taking part in research. The research project will help us understand how Huntington's is impacting people in ways we may not always see. From the learnings, we can support changes in clinical and social care so people with Huntington's, their carers, and family members around the world get the best support possible.

I'm not sure what to take a photo of. What should I do?

There are two ways to find photo prompts:

1. Follow the Huntington's Australia social media site for regular updates through May and June 2025
<https://www.facebook.com/HuntingtonsAustralia/>
<https://www.instagram.com/huntingtonsaustralia/>
2. Check your messages in Whatsapp from Cassie HDphotovoice

What if I want to take a photo of something that is not in the prompts?

Please take any photos that you think help share your experience living with Huntington's and share your photo and story with us. We would love to see your creative expressions!

How do I send my photo to you?

Text your photo and story to the project's mobile phone via WhatsApp or text message. The number is: 0466 607 006

WhatsApp is great because it is a safe and reliable way to share and save photos and it does not shrink photos so we will be able to see the photo clearly.

How do I share the story of the photo?

Text the story with your photo by answering these questions:

1. Title
2. What does this photo mean to you?
3. What is the context?
4. What do you want people to know?

Who else is taking part in this project?

People from the Huntington's community all over Australia are taking part! We will be inviting people from around the world to take part later in the year.

How do I see what other people have done?

1. Follow the Huntington's Australia social media site for regular updates through May and June 2025
<https://www.facebook.com/HuntingtonsAustralia/>
<https://www.instagram.com/huntingtonsaustralia/>
2. Keep an eye out for more information from us about Art Gallery shows being held around Australia throughout 2026.

What if I want to try another type of art to share my experience?

We are happy to help you explore other forms of creative expression. Some people have suggested painting, collage, music, and sculpture. If you need some art supplies for this or have any questions, please call us on 0466 607 006 and we will get back to you as quickly as possible.

Taking these photos has been a bit upsetting and I'm not feeling very good in myself, how can I get some help?

- **Emergencies – Call 000 or go to the nearest Emergency Room**
- 24-hour Helplines:
 - Lifeline - 13 11 14
 - Suicide Call Back Service - 1300 659 467
 - 13YARN - 13 92 76
 - MensLine Australia - 1300 78 99 78
 - Beyond Blue - 1300 22 4636
 - MindSpot - 1800 61 44 34
 - FriendLine - 1800 424 287
- Contact your local Huntington's health service providers
- Contact Huntington's Australia: <https://huntingtonsaustralia.au/contact/>