Huntington's Australia

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Inclusive activities for people living with Huntington's disease

A quick guide for support workers

HD at a glance

- **Thinking**: Planning, memory and problem-solving may change.
- **Movement**: Chorea, coordination and fatigue may affect participation.
- **Mood and behaviour**: Apathy, anxiety or irritability may vary day to day.



Core principles of inclusion

Flexibility: Adapt tasks rather than exclude the person.
Belonging: Inclusion means connection, contribution and being part of the group.
Choice: Offer simple options such as pace, seating or role.
Respect: Support the person to do what they can.
Person-centred: Start with strengths, interests and preferences.

How to plan inclusive activities

Set up the environment

- Reduce noise and distractions.
- Use stable seating and supportive equipment.
- Keep pathways clear for mobility aids.
- Use good lighting and visual cues.

Adjust the activity

- Break tasks into small steps.
- Allow extra time and avoid rushing.
- Offer different ways to join in: doing, assisting, watching, choosing or commenting.

Communicate clearly

- Use simple, clear language.
- Ask one question at a time.
- Allow extra response time.
- Use visual prompts or demonstrations.
- Check understanding gently.

Support physical, cognitive and social needs

- Offer breaks, use adapted tools, and monitor eating or swallowing needs during food activities.
- Use routines, step-by-step prompts, reassurance and familiar activities.
- Pair participants thoughtfully, offer roles, and celebrate every contribution.

EXAMPLE: ART ACTIVITY

Full participation: Painting
Adapted participation: Choosing colours
Observing/contributing: Giving feedback or naming ideas

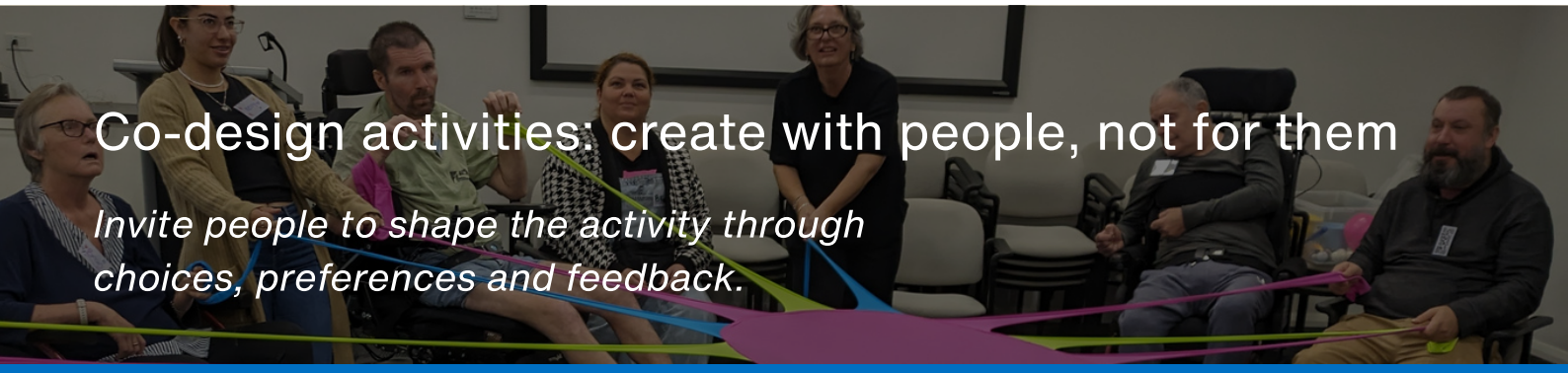
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Co-design activities: create with people, not for them

Invite people to shape the activity through choices, preferences and feedback.

1: Know the person: Interests, routines, dislikes and triggers.
2: Offer choices: Use simple, meaningful options.
3: Plan flexibly: Build in adaptations and adjust in the moment.
4: Encourage contribution: Invite people to choose themes, music or materials.
5: Reflect and improve: Ask what worked, who engaged and what to adapt next time.



Key reminders for support workers

- ☑️ Inclusion is not about perfection — it is about participation.
- ☑️ Every small engagement is meaningful.
- ☑️ Be patient, calm and positive.
- ☑️ Focus on ability, not disability.

Activity ideas

🎨 **Creative**
- Painting with adaptive brushes
- Collage with pre-cut materials
- Music playlists chosen by participants

🚶 **Gentle movement**
- Chair-based exercise
- Stretching to music
- Guided movement sessions

🎲 **Cognitive and social**
- Simple games with adapted rules
- Reminiscence sessions
- Storytelling or group discussion

QUICK CHECKLIST BEFORE AN ACTIVITY

- ☐ Is the activity adaptable?
- ☐ Are there different participation levels?
- ☐ Is the environment supportive?
- ☐ Have I allowed enough time?
- ☐ Have I included participant choice?

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