



Huntington's
Disease
Association

Going out for a drink or meal

*Going for a meal or a drink can sometimes be stressful
when you have Huntington's.*

Here are some tips to help your visit go smoothly.



Before you go...

- Plan ahead to avoid busy times as these can be stressful.
- If there is a 'favourite' table, book ahead if possible so that you are able to use it - or to give time to prepare the person with Huntington's if it is going to be necessary to sit elsewhere.
- If it is possible to look at the menu online at home then this may take some of the pressure off making decisions when you are out.
- Take your 'I have HD' card – available from the Huntington's Disease Association.
- Take a sunflower 'hidden disability' lanyard. These are also available from the Huntington's Disease Association.
- If waiting is difficult it may help to take something - e.g. game, puzzle, phone -to fill the time while waiting for food to be served.

When you are out...

- It may help to find a quiet spot in the restaurant or pub as this will make it easier for the person with Huntington's to think. Sitting facing away from a busy room may help concentration.
- If there is an extensive menu, it may help to narrow the choice down to a few options that you know the person with Huntington's will enjoy.
- A chair with arms can help make standing up easier.
- Know where the toilets are so you don't have to find them in a hurry.
- Show this leaflet to staff!





For the staff...

- Huntington's disease is a neurological condition which affects movement, speech, swallowing and thinking.
- Involuntary movement, balance problems and slurred speech might make me look drunk when I am not.
- I may have movement and spatial awareness problems that might appear intimidating – please just give me a little space.
- I may have problems controlling the volume of my voice which can give the impression I am angry when I am not.
- I may sometimes take a while to understand what is being said to me – please give me time to think things through.
- I can sometimes find it difficult to say or do what is expected in social situations.
- I may find it difficult to express my emotions in my facial expressions – I may look bored or angry when I am not.
- If there are chairs with arms available, these can help make standing up easier.
- I can find it difficult to wait. If there is going to be a long delay in food being served it may help to offer something small as a stop-gap.



Get in touch

For advice and support or
to speak to a Specialist
Huntington's Disease
Adviser

Email: **info@hda.org.uk**

Phone: **0151 331 5444**

www.hda.org.uk

 Huntington's Disease Association

 @hdauk

 @hdauk

 @hda_uk

 Huntington's Disease Association

Huntington's Disease Association

Liverpool Science Park IC1,
131 Mount Pleasant,
Liverpool, L3 5TF

Registered charity no. 296453

A company limited by guarantee.

Registered in England no. 2021975

Inspired by our community