



Coping with Chorea

A doctor discussion guide for Huntington's disease patients

1 Check in with yourself

If you are experiencing chorea associated with Huntington's disease, filling out the information below before your next appointment can help guide the discussion between you and your doctor.

Since your last doctor visit, has your chorea:

- Improved
- Worsened
- Stayed about the same
- This is a new symptom for me.

What symptoms/complications are you experiencing as a result of your chorea?

- Involuntary jerking, fidgeting, or twitching
- Difficulty swallowing
- Difficulty speaking
- Issues with walking or balance
- Muscle rigidity
- Other

2 Daily living

How much does your chorea interfere with your ability to do daily activities?

- Not at all
- Slightly
- Moderately
- Significantly

What types of daily activities or tasks are the most challenging for you, if any?

- | | |
|---|--|
| <input type="checkbox"/> Getting dressed | <input type="checkbox"/> Driving |
| <input type="checkbox"/> Bathing/personal hygiene | <input type="checkbox"/> Using a computer or mobile device |
| <input type="checkbox"/> Eating/drinking | <input type="checkbox"/> Yard or housework |
| <input type="checkbox"/> Walking | <input type="checkbox"/> Other |
| <input type="checkbox"/> Talking | |

How difficult do you find it to complete the above tasks independently? If you have a caregiver, do you find yourself relying more on your caregiver for help?

If you are finding it increasingly difficult to do daily activities or tasks independently, discuss this with your doctor and ask about strategies for maintaining more of your independence for longer. They may also be able to refer you to a physical or occupational therapist who can help further.

3 Treatment

Are you currently taking any medications for your chorea?

- Yes
- No

If you are currently on medication, do you have any concerns about your current treatment regimen that you would like to discuss with your doctor? List anything you want to bring up at your appointment below.

If you are not on medication but would like to explore this option, be sure to ask your doctor about what might be right for you to help manage chorea and Huntington's, as well as maintain your general health.

4 Other notes



Want more information?

See our guide to [navigating Huntington's](#) on *Huntington's Disease News* or scan this QR code.

Huntington's Disease

