

AGING WELL EVERY DAY: PREVENTION, HEALTH, AND AUTONOMY

For seniors wishing to maintain their autonomy and vitality, as well as relatives and families supporting aging well every day

Understanding age-related changes and adopting the right reflexes to preserve health, memory, and quality of life

Duration : 4 hours	Modules : 4 modules
Lessons : 12 lessons	Audience : Seniors, families, and caregivers
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This training will guide you to understand the natural changes related to aging and gradually adopt the right reflexes that help preserve your health, memory, and quality of life on a daily basis. Through a concrete, positive, and accessible approach, you will discover how to sleep better, eat better, stay active, and maintain your autonomy for as long as possible. You will find simple explanations, practical advice, and easy-to-implement routines. A training focused on prevention and well-being, to live each day with more serenity and confidence.

Module summary

MODULE 1	Aging	3 lessons
MODULE 2	Tips and Daily Routines	3 lessons
MODULE 3	Aging Well in Simple Steps	3 lessons
MODULE 4	DYNSEO applications for healthy aging	3 lessons

Learning objectives

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- Understand the mechanisms of aging: distinguish normal changes from those that require particular vigilance
- Identify factors influencing overall health: sleep, nutrition, physical activity, cognitive stimulation, lifestyle habits and their impact on disease progression
- Maintain cognitive functions on a daily basis: simple, regular, and suitable activities to maintain memory and concentration
- Adopt a balanced diet: understand its principles and identify the concrete impacts on energy, immunity, and vitality
- Improve sleep quality: identify good practices and apply realistic routines
- Structure a balanced typical week: alternate effort and rest, maintain rhythm, support autonomy
- Leverage available resources: medical follow-up, family support, external assistance to stay accompanied without feeling isolated
- Adapt the home for more safety and comfort: appropriate lighting, organization of spaces, discreet technical aids
- Use DYNSEO applications to maintain cognitive abilities: EDITH for memory and JOE for brain stimulation

General information

Duration	4 hours
Target Audience	Seniors wishing to maintain their autonomy and vitality, as well as relatives and families supporting aging well every day
Prerequisites	None, training accessible to all adults
Price	On request - VAT not applicable (article 261-4-4° of the CGI)

Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - Natural changes related to age

- Each person ages at their own pace according to genetics, lifestyle and activity
- Physical changes: decreased muscle strength, joint stiffness, less stable balance
- Sensory changes: vision decline, hearing loss, need for adaptations
- Normal cognitive slowing vs warning signs (disorientation, repeated forgetfulness)
- Longer recovery time after fatigue, infection or emotional shock

Lesson 2 - The role of habits (sleep, nutrition, physical activity, etc.)

- Daily habits act as a foundation for aging
- Sleep: regular schedules, relaxation ritual, protection from screens and stimulants
- Nutrition: regular meals, fruits/vegetables/proteins, sufficient hydration
- Physical activity: regularity rather than performance (walking, gardening, gentle exercise)
- Stress management and maintaining social connections to protect against withdrawal

Lesson 3 - How daily good practices can prevent diseases or slow their progression

- Prevention of cardiovascular diseases: daily walking, reduced salt/sugar
- Brain protection: cognitive stimulation, physical activity, proper sleep
- Impact on mood: physical activity promotes substances improving morale
- Fall prevention: muscle strengthening, vision/hearing check, home adaptations
- Better response to treatments for existing chronic diseases

Lesson 1 - Cognitive functions: maintaining them and seeing the benefits in daily life

- Cognitive functions = memory, attention, language, organization, adaptation
- Stimulation through varied activities: reading, games, discussions, recipes, new learning
- Maintain curiosity: ask questions, seek information, try new things
- Link with the rest of the body: physical activity, sleep, balanced diet
- Pleasant and regular activities rather than difficult and constraining ones

Lesson 2 - Balanced diet: key principles and impacts on health

- Regularity: 2-3 proper meals per day for energy stability
- Variety: vegetables, fruits, starches, proteins, good fats throughout the day
- Importance of proteins to maintain muscle mass and autonomy
- Essential hydration: drink regularly despite decreased thirst sensation
- Gradually limit excess fast sugars and salt

Lesson 3 - Sleep: good practices and concrete effects every day

- Goal: 'sufficient' sleep for recovery, not necessarily perfect
- Regular bedtime/wake-up schedules to set the internal clock
- Adapted environment: quiet, dark room, moderate temperature, comfortable bedding
- Calming end of day: avoid screens and anxiety-inducing news before sleep
- Nap management: short (20-30 min) in early afternoon only

Lesson 1 - Ready-to-use weekly plan

- Three ingredients to distribute: movement, cognitive/social stimulation, health routines
- Morning structure: regular wake-up, breakfast, short movement, cognitive activity
- Alternating afternoons: social/outdoor activities and calm time at home
- Evening ritual: moderate dinner, sleep preparation, stable bedtime
- Weekend: more flexibility but same essential ingredients

Lesson 2 - The importance of medical follow-up and family support

- Spaced but regular check-up visits for early detection
- Emergency prevention by attention to unusual signs
- Concrete family support: accompanying appointments, help formulating questions

- Balance: help without smothering, accompany without infantilizing
- Distribution of family tasks to avoid exhaustion of a single relative

Lesson 3 - Home Layout

- Fall prevention: remove rippling carpets, electrical wires, floor objects
- Enhanced lighting: powerful bulbs, night lights, accessible switches
- Secured bathroom: grab bars, non-slip mat, shower chair
- Organized kitchen: common objects at hand height, light utensils
- Secured stairs: solid handrail, lit steps, contrasted edges

MODULE 4

DYNSEO applications for healthy aging

3 lessons

Lesson 1 - Presentation of Edith, your memory coach, and JOE, your brain coach

- EDITH: memory coach for seniors and people with cognitive frailties
- Simple exercises: object lists, word order, sound/music recognition
- JOE: brain coach for adults and active young seniors
- Visualization of progress and areas to strengthen
- Possible family sharing moments with two-player games

Lesson 2 - Case studies - Part 1

- Case 1: Marguerite's morning routine - irregular sleep, skipped breakfast, inactivity solutions
- Case 2: Robert after his fall - psychological trauma, bathroom safety, confidence rebuilding
- Case 3: Linda's social withdrawal - bereavement sliding into depression, progressive reconnection strategies

Lesson 3 - Case studies - Part 2

- Case 4: Dupont family facing memory lapses - repeated forgetfulness, family tensions, respectful medical consultation
- Case 5: Jean managing his diabetes - chronic disease fatigue, realistic progressive goals, adapted physical activity
- Case 6: Simone and home adaptation - fall prevention, attachment to home, safety without relocation

Teaching methods

- 100% online training, accessible from your computer or tablet
- Self-paced learning, no time constraints
- Concrete tools: self-assessment grids, balanced weekly model, home adaptation checklists
- Sleep and nutrition routines, advice for integrating cognitive stimulation
- Bonus: EDITH memory coach and JOE brain coach applications
- Certificate of completion provided at the end of training