

ALZHEIMER'S: UNDERSTANDING THE DISEASE AND FINDING SOLUTIONS FOR EVERYDAY LIFE

For family caregivers and professionals supporting people with Alzheimer's disease

Practical tools to adapt daily life, preserve autonomy and maintain emotional bonds

Duration : 4 hours	Modules : 4 modules
Lessons : 10 lessons	Audience : Family caregivers, healthcare professionals, anyone supporting a person with Alzheimer's
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

This training course provides a clear understanding of Alzheimer's disease and its progression. You will learn why memory, attention and communication disorders appear, and above all how they impact daily life. Through practical, easy-to-implement advice, you will discover how to adapt the home environment, make daily activities safer and preserve your loved one's quality of life... and your own. The focus is on cognitive stimulation, home safety and maintaining emotional ties, with concrete solutions you can apply immediately.

Module summary

MODULE 1	Understanding the Disease	3 lessons
MODULE 2	Living with Alzheimer on a Daily Basis	3 lessons
MODULE 3	The Role of the Surrounding Environment	3 lessons
MODULE 4	DYNSEO to support a person with Alzheimer's	1 lesson

Learning objectives

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- Differentiate between normal aging and Alzheimer's disease (mechanisms, risk factors)
- Identify typical symptoms and stage (mild, moderate, advanced)
- Understand the impact on different types of memory and on communication
- Secure the home, room by room, with visual cues
- Maintain autonomy: routines, simplified gestures, active participation
- Preserve family ties: adapted activities (photos, music, cooking, walks)
- Adopt positive communication: short sentences, patience, appreciation rather than correction
- Support caregivers: recognizing their emotions, preventing exhaustion, mobilizing family and friends
- Structure a support plan for quality of daily life
- Stimulate cognitive functions with DYNSEO SCARLETT and monitor progress

General information

Duration	4 hours
Target audience	Family caregivers, healthcare professionals, anyone supporting a person with Alzheimer's disease
Prerequisites	None, training accessible to all adults
Price	Sur devis – TVA non applicable (article 261-4-4° du CGI)
Certification	Qualiopi – Attestation de fin de formation

Lesson 1 - Understanding age-related pathologies

- Neurodegenerative diseases: neurons degrade gradually, not a matter of will
- Risk factors: age, heredity, lifestyle (activity, diet, isolation, hypertension)
- Acting on modifiable factors: movement, social relationships, brain stimulation
- Daily consequences: cognitive, motor and emotional impacts
- Distinguish the person from the disease: symptoms have a medical explanation

Lesson 2 - Alzheimer's disease: symptoms and progression

- Abnormal deposits disrupt communication between neurons leading to their death
- First signs: frequent forgetfulness, repeating questions, losing objects
- Other affected functions: language (word-finding), disorientation
- Progressive evolution: mild, moderate, advanced stages with increasing dependency
- Emotional impact: anxiety, irritability, apathy, sleep disturbances
- Progression varies: age, health, lifestyle and support all play a role

Lesson 3 - Impact on Memory and Communication

- Recent memory often first affected: forgetting meals, repeating questions
- Old memory intact longer: precise childhood memories while forgetting today
- Procedural memory (skills) better preserved until advanced stages
- Communication challenges: losing the thread, difficulty following conversations
- Language affected: anomia (word-finding difficulty), circumlocutions
- Associated emotions: insecurity, anxiety, shame, withdrawal
- Adapting communication: simple speech, rephrasing without judgment, allowing time

Lesson 1 - Home layout for increased safety

- Living areas: clear spaces, remove slippery rugs, good lighting, night lamps
- Kitchen: automatic gas shut-off, locked cleaning products, accessible utensils
- Bathroom: non-slip mats, grab bars, shower chair, adjust water temperature
- Bedroom: soft lighting, clear path to toilet, motion detector
- Visual markers: labels or photos on doors to help orientation
- Overall safety: smoke detectors, check locks, geolocation if needed
- Balance safety and comfort: home remains a pleasant living space

Lesson 2 - Preserving autonomy in daily life

- Simplify choices: offer two outfits instead of full wardrobe
- Maintain habits: routines provide reassurance and structure
- Visual aids: visible clock, calendar with checked-off days, labels on cupboards
- Encourage participation: folding laundry, peeling vegetables, setting table
- Adapt the pace: allow time, avoid doing things too quickly for them
- Preserve autonomy means preserving dignity and self-esteem

Lesson 3 - Preserving Family Ties

- Even if words fade, emotional bond remains: warmth of presence is felt
- Quality over quantity: a smile, held hand, caring look are enough
- Shared activities: singing, photo albums, cooking, walking create positive emotions
- Adapt communication: speak simply, don't correct constantly, connection matters
- Value the person: encourage, congratulate small successes, nurture self-esteem
- Involve extended family: short visits beneficial, children can participate simply
- Accept the relationship changes: still share emotions and moments of tenderness

Lesson 1 - The experience of relatives and caregivers

- Being a caregiver: a story of love and responsibility, sometimes exhausting
- Normal emotions: fear of future, fatigue, guilt, loneliness

- Positive emotions too: moments of closeness, small victories, shared smiles
- Accept you can't do everything alone: seeking support is not weakness
- Take care of yourself: breaks, rest, personal activities are vital, not selfish

Lesson 2 - Maintaining quality of life together

- Continue to live, share and enjoy despite the illness
- Small everyday joys: savoring meals, music, walks, laughing together
- Stay active: move, stimulate body and mind according to abilities
- Positive communication: encouraging words, value small successes
- Adapt environment: simplify, organize, reduce sources of stress
- Sharing and complicity: artistic activities, songs, albums convey emotions
- Quality of life also concerns caregivers: take care of yourself

Lesson 3 - Promoting Positive Communication

- Positive communication: listening, kindness, adaptation allow everyone to feel respected
- Tone and attitude: speak softly, reassuring tone, eye contact, non-verbal cues help
- Simplicity of language: short clear sentences, break down information into steps
- Patience: allow time, accept silences, don't finish sentences for them
- Value what is expressed: encourage even if response is incomplete
- Adapt to other forms: eye contact, gestures, touch, photos, concrete objects
- Avoid hurtful attitudes: speaking for the person, talking about them as if absent

MODULE 4

DYNSEO to support a person with Alzheimer's

1 lesson

Lesson 1 - Scarlett, your memory coach

- DYNSEO: cognitive stimulation apps on tablet, simple, fun and adapted
- Scarlett: over 30 adapted games to work on memory, organization, language
- Activities as enjoyable games, not exercises or tests
- Games to stimulate memories: autobiographical memory, traditional recipes
- Call upon positive memories related to emotions and personal experiences
- Complement to treatments: stimulate brain, value abilities, create pleasant moments
- Play alone or with loved one: strengthen bonds while stimulating memory

Teaching methods

- 100% online course accessible 24/7 from computer, tablet or smartphone
- Videos, exercises, practical resources downloadable and reusable
- Progress at your own pace with multimedia content
- Final quiz to validate acquired knowledge
- End-of-training certificate issued upon completion
- Pedagogical support available throughout the training