

CARING FOR SOMEONE WITH PARKINSON'S: TAKING CARE OF YOURSELF FOR THE LONG TERM

Training for families and caregivers of people with Parkinson's disease

Supporting without exhausting yourself: practical tools for sustainable care

Duration : 2 hours	Modules : 8 modules
Lessons : 32 lessons	Audience : Families and caregivers of people with Parkinson'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 2-hour training is designed for families and caregivers who support a person with Parkinson's disease daily. Regular stimulation—both cognitive and physical—plays a crucial role in maintaining abilities and quality of life. But how can one stimulate without exhausting, without failing, without turning the home into a rehabilitation room? This training provides concrete, accessible, and caring tools to integrate stimulation into daily life while preserving the caregiver's own health. Supporting a progressive chronic illness is a marathon, not a sprint, and this program places the caregiver at the center to build sustainable support without self-sacrifice.

Module summary

MODULE 1	Why Stimulation is Important in Parkinson's Disease	4 lessons
MODULE 2	Cognitive stimulation at home	4 lessons
MODULE 3	Physical stimulation at home	4 lessons
MODULE 4	Taking care of yourself	4 lessons
MODULE 5	Understanding the role and experience of the Parkinson's caregiver	4 lessons
MODULE 6	Recognizing and Preventing Burnout	4 lessons
MODULE 7	Building sustainable support	4 lessons
MODULE 8	Finding meaning and resources	4 lessons

Learning objectives

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- Understand the importance of cognitive and physical stimulation in Parkinson's disease
- Master practical tools for daily stimulation adapted to each stage of the disease
- Recognize warning signs of caregiver burnout and implement prevention strategies
- Identify available resources and build a sustainable support network
- Maintain your own physical and mental health while caring for your loved one
- Organize respite and delegate effectively without guilt

General information

Duration	2 hours
Target Audience	Families and caregivers of people with Parkinson's disease
Prerequisites	None, training accessible to all adults

Price	On request - VAT not applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - What stimulation changes in the Parkinson's brain

- Brain plasticity: partial compensation for losses through stimulation
- Proven benefits of cognitive stimulation on slowing progression
- Benefits of physical activity on motor symptoms and mood
- Why sedentariness is the main enemy in Parkinson's

Lesson 2 - The golden rules of gentle stimulation

- Stimulate during ON phase: choose the right moments with medications
- Calibrate difficulty: neither too easy nor too difficult
- Never test or evaluate: stimulating is not examining
- Value effort rather than result to maintain motivation

Lesson 3 - Integrating stimulation into everyday life

- Conversation as natural daily cognitive stimulation
- Outings, shopping, cooking as disguised opportunities
- Daily rituals as cognitive structure through regularity
- Avoid heavy formal sessions: keep stimulation enjoyable

Lesson 4 - Adapting stimulation according to the stage of the disease

- Early stages: complex activities, new learning, adapted challenges
- Intermediate stages: simplify without giving up, adapt without excluding
- Advanced stages: sensory, musical, relational stimulation
- Continuously adjust according to daily capabilities

Lesson 1 - Cognitive activities adapted for Parkinson's

- Card and board games: choosing and adapting the rules
- Crosswords, sudoku, puzzles: adjusting difficulty without frustration
- Reading and audiobooks: maintaining connection to language and culture
- Handicrafts: painting, knitting, gardening for fine motor skills and creativity

Lesson 2 - Music — a powerful therapeutic tool

- Effects of music on Parkinsonian motor symptoms: rhythm and freezing
- Music therapy at home: listening, singing, playing an instrument
- Using rhythm to assist with walking and transfers
- Creating therapeutic playlists together as a shared project

Lesson 3 - Digital tools for cognitive stimulation

- Applications for cognitive stimulation adapted to Parkinson's (JOE)
- Choosing the right exercises according to cognitive profile
- Establish a digital routine without constraints or pressure
- Co-stimulation: doing it together rather than leaving them alone

Lesson 4 - Maintaining social and cultural activities

- Why social isolation worsens all Parkinson's symptoms
- Adapting outings: theater, cinema, restaurants at each stage
- Parkinson's associations: workshops, activity groups, adapted trips
- Invite rather than wait: maintain your loved one's social network

Lesson 1 - The benefits of physical activity in Parkinson's disease

- Scientific data: regular exercise slows motor progression
- Most beneficial activities: Nordic walking, dancing, tai chi, swimming, cycling
- Exercise during ON phase: prioritize the good moments

- Duration and frequency: accessible recommendations

Lesson 2 - Simple exercises to do at home

- Joint mobility exercises: fighting daily stiffness
- Balance exercises: preventing falls with simple regular movements
- Voice and breathing exercises: supporting speech therapy work
- Daily walking: making it therapeutic and safe

Lesson 3 - Preventing Falls at Home

- Risk factors specific to Parkinson's: freezing, hypotension, dyskinesias
- Home modifications: visual cues, grab bars, lighting, remove rugs
- Strategies to unblock freezing: lines on the floor, verbal rhythm
- What to do if your loved one falls: safe procedure to help them up

Lesson 4 - Coordinate with the physiotherapist

- Supporting the physiotherapist's work between sessions
- Recommended exercises you can encourage at home
- Never invent exercises without agreement: understanding the risks
- Communicate mobility observations to adjust the program

MODULE 4

Taking care of yourself

4 lessons

Lesson 1 - The exhaustion of the stimulator

- Daily stimulation is exhausting: acknowledging this reality
- Frustration when your loved one resists or refuses
- Do not bear responsibility alone: the multidisciplinary team is here
- You have the right not to always be available and enthusiastic

Lesson 2 - Finding help for stimulation

- Care assistants trained in Parkinson's stimulation
- Collective workshops offered by associations
- Day care: professional stimulation and respite for you
- Digital platforms for supervised stimulation

Lesson 3 - Your own physical and cognitive activity

- Taking care of your own health: a necessity, not a luxury
- Doing activities together when possible: beneficial for both
- Your own independent activities: absolutely preserve them
- Healthy caregiver is the best guarantee of quality support

Lesson 4 - Resources and support

- Understanding what you are experiencing and recognizing your limits
- Finding resources to build sustainable support
- Not sacrificing yourself: placing the caregiver at the center
- Marathon not sprint: sustainable long-term support strategies

MODULE 5

Understanding the role and experience of the Parkinson's caregiver

4 lessons

Lesson 1 - Who is the Parkinson caregiver — portrait of an invisible role

- Who are caregivers: spouses, children, friends with different profiles
- Concrete role: care, logistics, emotional support, medical coordination
- The invisible caregiver: little recognized or supported by healthcare system
- Gradual increase in responsibility: becoming a caregiver without choosing it

Lesson 2 - What support does to your health

- Data on caregiver health: mortality, depression, chronic diseases
- Impact on sleep, nutrition, physical activity, and social life
- Caregiver burnout syndrome: definition, frequency, consequences
- Why self-care is medical necessity, not selfishness

Lesson 3 - The Difficult Emotions of the Parkinson's Caregiver

- Guilt: not doing enough, feeling anger, wanting time for yourself
- Anger: against the illness, your loved one, yourself
- White mourning: grieving someone still there but changing
- Shame: about your loved one's behaviors, your own exhaustion

Lesson 4 - Naming what we experience to better get through it

- Why naming emotions is the first step in managing them
- Spaces to express yourself: journal, therapist, support group, trusted friend
- Difference between complaining and asking for help
- You have the right not to feel well: it's human, not weakness

MODULE 6

Recognizing and Preventing Burnout

4 lessons

Lesson 1 - Warning signs of caregiver burnout

- Physical signals: chronic fatigue, sleep disorders, unexplained pains, repeated illness
- Emotional signals: irritability, frequent crying, emptiness, cynicism
- Behavioral signals: isolation, abandonment of activities, alcohol consumption
- Critical threshold: when signals become urgent to address

Lesson 2 - Preventing Burnout Before It Sets In

- Oxygen mask rule: put yours on before your loved one's
- Identify and protect your own fundamental needs
- Set kind boundaries: what you can and cannot do
- Ask for help before reaching your limit: easier and more effective

Lesson 3 - Managing Difficult Nights

- Parkinsonian sleep disorders and impact on your own nights
- Strategies to protect sleep: separate room if necessary, remote monitoring
- Recovering during the day: short nap as caregiver survival tool
- When nights become unbearable: available professional solutions

Lesson 4 - Maintaining your own physical and mental health

- Your own medical follow-up: do not cancel appointments for caregiving
- Physical activity for you: essential for lasting endurance
- Nutrition and sleep: basics that should never be sacrificed
- Take care of yourself as you would your loved one

MODULE 7

Building sustainable support

4 lessons

Lesson 1 - Organizing human support

- Map out people who can help: family, friends, neighbors, volunteers
- Delegate concretely: learn to ask for and accept help
- Professional services: care assistant, nursing assistant, day care
- Build a team organization: you are not alone

Lesson 2 - Respite — allowing oneself and organizing it

- Definition of respite: time for you while your loved one is accompanied
- Available forms: day care, temporary accommodation, respite care
- Present respite without them feeling abandoned
- Use respite to truly rest: not to catch up on tasks

Lesson 3 - The rights and financial assistance for caregivers

- Caregiver's leave: conditions, duration, compensation
- Daily allowance for caregivers (AJPA)
- Financial assistance for home services: APA, PCH, pension funds, mutual insurance
- Where to find information: MDPH, social worker, France Parkinson, aidants.fr

Lesson 4 - Anticipating future steps with serenity

- Talk about the future while your loved one can still participate
- Decisions to anticipate: protection mandates, advance directives, succession
- Consider suitable accommodation without guilt: not abandonment
- Prepare solutions before emergency: best gift to yourself

MODULE 8

Finding meaning and resources

4 lessons

Lesson 1 - What support can bring you

- Caregivers' experiences: what they learned about themselves and relationships
- Depth of bonds that adversity can create
- Skills you develop: empathy, organization, resilience, communication
- Finding meaning without romanticizing suffering: delicate but possible balance

Lesson 2 - Maintaining a life that belongs to you

- Your activities, friends, passions: protect them as vital space
- Do not make your loved one your only life project
- Right to joy, laughter, vacations even when your loved one is suffering
- Build your own identity beyond the caregiver role

Lesson 3 - Peer support — do not stay alone

- Support groups for Parkinson's caregivers: what you can really find there
- Online communities: forums, Facebook groups, mutual aid apps
- Sponsorship among caregivers: being supported by someone who experienced the same
- France Parkinson: all available resources for caregivers

Lesson 4 - Preparing for the future

- What happens when your loved one enters a facility or passes away
- The caregiver's grief: specific form of grief, often unrecognized
- Rebuilding after years of intensive support
- Available resources for this transition: psychologist, support groups

Teaching methods

- Online training accessible 24/7 from any device
- Videos, quizzes, downloadable practical resources
- Certificate of completion provided by DYNSEO
- Access to peer support community and expert Q&A
- Practical tools and checklists for immediate implementation