

COGNITIVE DIFFICULTIES AFTER STROKE: MEMORY, ATTENTION, AND EVERYDAY LIFE

Training for families and loved ones of stroke survivors with cognitive disorders

Understanding invisible difficulties to better support your loved one

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and caregivers of stroke survivors
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

After a stroke, your loved one may forget things, lose track, take much longer to complete tasks, and struggle to get started. These invisible difficulties are often misunderstood—people assume the person isn't paying attention or making enough effort. This training explains the neurological origin of these disorders, their concrete impact on daily life, and provides families with practical strategies to adapt the home environment and support cognitive stimulation without creating pressure. You will learn to recognize cognitive challenges, adjust your communication, and find the right balance between stimulation and respect for your loved one's pace.

Module summary

MODULE 1	Understanding post-stroke cognitive disorders	4 lessons
MODULE 2	Adapting daily life	4 lessons
MODULE 3	Stimulate without pressure	4 lessons
MODULE 4	You, as a relative	4 lessons

Learning objectives

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- Understand the different cognitive functions that can be affected after a stroke
- Recognize the emotional impact of cognitive disorders on your loved one
- Adapt the home environment and daily routines to compensate for cognitive difficulties
- Learn to communicate effectively and give instructions appropriately
- Implement cognitive stimulation activities without creating pressure or anxiety
- Identify useful technical aids and digital tools for support
- Manage caregiver exhaustion and find appropriate support resources

General information

Duration	2 hours
Target audience	Families, loved ones, and caregivers of stroke survivors presenting cognitive disorders
Prerequisites	None, training accessible to all adults
Price	On request - VAT not applicable (article 261-4-4° of the French Tax Code)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - What cognitive functions can be affected?

- Memory: immediate, recent events, and long-term memory
- Attention and concentration: difficulty staying focused, easy distraction
- Executive functions: planning, organizing, making decisions
- Processing speed: everything takes longer, not due to lack of will

Lesson 2 - Why do these disorders vary from one person to another?

- Location of the lesion determines the affected functions
- Two similar strokes can produce very different cognitive profiles
- Disorders can improve over time with stimulation
- Neuropsychological assessment: purpose and interpreting results

Lesson 3 - What your loved one experiences with these disorders

- Frustration of knowing they forget but being unable to control it
- Shame from repeated forgetfulness in front of family or friends
- Anxiety related to anticipating situations of failure
- Gradual withdrawal to avoid being put at fault

Lesson 4 - Distinguishing post-stroke cognitive disorders and dementia

- Post-stroke cognitive disorders do not mean Alzheimer's disease
- Differences between vascular dementia and single stroke sequelae
- Warning signs requiring medical consultation
- Importance of accurate diagnosis for appropriate support

Lesson 1 - Adapting the environment to compensate for disorders

- Simplify and organize: everything in its place, always the same spot
- Visual aids: lists, charts, post-its, adapted calendars
- Reduce distractions: noise, television, simultaneous conversations
- Routines as a substitute for memory: why consistency helps

Lesson 2 - Adapting communication and requests

- One instruction at a time: do not chain multiple requests
- Allow processing time: wait for response before prompting again
- Rephrase rather than repeat if not understood
- Do not finish sentences: allow the effort even if slow

Lesson 3 - Useful technical and digital aids

- Reminder and calendar apps adapted for stroke survivors
- Digital cognitive stimulation tools for home use (JOE)
- Memory notebooks: writing to reduce the need to remember
- Adapted watches and phones for individuals with cognitive disorders

Lesson 4 - Managing failure situations with kindness

- How to react when your loved one forgets something important
- Do not point out every forgetfulness: preserve self-esteem
- De-dramatize without minimizing: find the right balance
- Build compensation strategies together rather than imposing solutions

Lesson 1 - Why cognitive stimulation is important

- Brain plasticity: the brain continues to adapt after stroke
- Regular stimulation as a tool for recovery and maintenance
- Difference between stimulating and testing: one helps, the other discourages

- Integrate stimulation into daily life without creating work sessions

Lesson 2 - Activities that stimulate on a daily basis

- Reading, crosswords, adapted board games: how to choose appropriately
- Conversation as natural cognitive stimulation
- Manual activities, cooking, gardening: stimulating procedural memory
- Music: a powerful and accessible cognitive stimulation tool

Lesson 3 - Use digital stimulation tools

- Cognitive stimulation apps adapted for stroke survivors (JOE)
- Establish a digital stimulation routine without constraint
- Do activities together rather than leaving them alone
- Adjust difficulty to maintain progress without frustration

Lesson 4 - What not to do

- Test your loved one's memory to "see if they have progressed"
- Correct each mistake in front of others
- Compare performances from one session to another anxiously
- Give up stimulation because your loved one resisted once

MODULE 4

You, as a relative

4 lessons

Lesson 1 - Cognitive impairment-related exhaustion

- Repeating the same information twenty times daily: real exhaustion
- Loneliness of the caregiver when conversations become difficult
- Frustration of seeing such slow progress
- Recognize exhaustion without guilt: it's the situation, not you

Lesson 2 - Adapt your own expectations

- Cognitive recovery takes time: months, sometimes years
- Set realistic and progressive goals with the care team
- Value small progress rather than focusing on what's lacking
- Learn to live with uncertainty about final recovery

Lesson 3 - Finding support

- Talk with people who understand: associations, support groups
- Psychological support for caregivers of people with cognitive disorders
- Resource professionals: neuropsychologist, social worker, physician
- Reliable information platforms on post-stroke cognitive disorders

Lesson 4 - Anticipating the future with clarity

- Regularly assess evolution with the medical team
- Anticipate need for human assistance if disorders persist
- Know available resources: MDPH, APA, home services
- Make important decisions while your loved one can still participate

Teaching methods

- Online self-paced learning accessible 24/7
- Video lessons, illustrated guides, and practical case studies
- Downloadable resources: checklists, communication cards, tool guides
- Final assessment to validate knowledge acquired
- Certificate of completion issued at the end of training