

# COGNITIVE STIMULATION FOR SENIORS: PRACTICAL IDEAS, TOOLS, AND EVERYDAY IMPLEMENTATION

**Training for professionals supporting elderly individuals and family caregivers**

Master concrete techniques and digital tools to stimulate cognitive functions in daily life

<b>Duration :</b> 5 hours	<b>Modules :</b> 5 modules
<b>Lessons :</b> 16 lessons	<b>Audience :</b> Caregivers, activity leaders, home helpers, families, and close caregivers
<b>Format :</b> 100% online, asynchronous	<b>Provider :</b> N° 11757351875
<b>Certification :</b> Qualiopi	<b>Price :</b> On request

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## Course description

This 5-hour training provides professionals and families supporting elderly individuals with a comprehensive approach to cognitive stimulation. Starting with a solid foundation on aging cognitive functioning, it progresses to immediately applicable practical activities stimulating memory, attention, language, and executive functions. Participants will discover how to integrate cognitive stimulation into daily gestures, organize group workshops, and master DYNSEO digital tools (EDITH and JOE). At the end of the training, each participant will have a rich repertoire of practical activities and will know how to choose the right tool according to the profile of the person being supported.

## Module summary

<b>MODULE 1</b>	Understanding cognitive aging to better stimulate	4 lessons
<b>MODULE 2</b>	Stimulating Daily — Practical Ideas Without Specialized Equipment	4 lessons
<b>MODULE 3</b>	Collective workshops and cognitive activities — ideas and formats	4 lessons
<b>MODULE 4</b>	Creative and Sensory Workshops	4 lessons
<b>MODULE 5</b>	Dynseo tools	0 lessons

## Learning objectives

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- Understand the cognitive mechanisms of aging and distinguish normal aging from pathological decline
- Integrate cognitive stimulation into everyday gestures and daily care routines
- Design and lead group cognitive stimulation workshops adapted to different profiles
- Master DYNSEO digital tools (EDITH and JOE) for personalized cognitive training
- Build personalized cognitive stimulation programs combining digital and analog activities
- Adapt activities to heterogeneous groups and manage cognitive impairments with dignity

## General information

<b>Duration</b>	5 hours
<b>Target audience</b>	Caregivers, activity leaders, home helpers, occupational therapists, families, and close caregivers of elderly individuals
<b>Prerequisites</b>	None, training accessible to all adults
<b>Price</b>	On quote - VAT not applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi - Certificate of completion

**Organization**

DYNSEO - Activity registration number: 11757351875

**Lesson 1 - The aging brain — what changes and what remains intact**

- Slowing of information processing: normal, progressive, non-pathological phenomenon
- Functions that naturally decline: working memory, processing speed, mental flexibility
- Functions preserved or enhanced: semantic memory, wisdom, vocabulary, procedural memory
- Brain plasticity throughout life: the brain continues to remodel itself after 80 if stimulated

**Lesson 2 - The different types of memory and how to stimulate them**

- Episodic memory: dated personal memories, fragile but stimulated by reminiscence
- Semantic memory: general knowledge and vocabulary, well-preserved, confidence lever
- Procedural memory: learned skills and know-how, very resilient, supports manual activities
- Working memory: holding multiple information simultaneously, trained with targeted exercises

**Lesson 3 - Cognitive functions beyond memory**

- Attention: sustained, selective, divided — how each type weakens and can be worked on
- Executive functions: planning, organization, inhibition, flexibility — essential for autonomy
- Language: word-finding difficulties, slowed comprehension — maintaining communication pleasure
- Social cognition: recognizing emotions, understanding intentions — linked to relational well-being

**Lesson 4 - Normal aging, MCI, and dementia — guidelines for directing stimulation**

- Normal cognitive aging: slowing down without impact on daily autonomy
- MCI (Mild Cognitive Impairment): cognitive complaints with slight measurable decline
- Dementias: Alzheimer, Lewy body, vascular — affected functions and differentiated approaches
- Why stimulation remains relevant at all stages: cognitive reserve, engagement, quality of life

**Lesson 1 - Cognitive stimulation in everyday gestures**

- Toilette as cognitive activity: naming objects, sequencing steps, encouraging initiative
- Meals as multisensory stimulation: recognizing foods, evoking taste memories, counting
- Moving around: orienting oneself, memorizing routes, naming places passed
- Involving the person in household tasks: folding laundry, setting table, watering plants

**Lesson 2 - Memory Stimulation Activities — Concrete Ideas**

- Games of spot-the-difference, mazes, word searches: accessible, inexpensive, adaptable difficulty
- Cognitive card games: memory, dominoes, image or word association games
- Daily journal: recounting yesterday's activities, meals, visitors — anchoring the present
- Reading aloud followed by questions: short text, open questions, content discussion

**Lesson 3 - Language and communication stimulation activities**

- Riddles and charades: stimulate word search, reasoning by clues, mental flexibility
- Completing proverbs: semantic memory, shared culture, memory and discussion triggers
- Guided conversation: one daily theme (weather, memory, animal, dish) — structured gently
- Image reading: describe photo or painting, identify characters, imagine the story

**Lesson 4 - Activities to Stimulate Executive Functions and Attention**

- Simplified cooking recipes: planning steps, following a list, checking results
- Organization and sorting: categorizing objects by color, size, category — executive functions
- Accessible strategy games: dominoes, dice games, war — inhibition, planning, anticipation
- Copying simple drawings, guided coloring: sustained attention, eye-hand coordination

**Lesson 1 - Organize a group cognitive stimulation workshop**

- Ideal group size: 4 to 8 people to maintain attention and interactions
- Optimal duration: 30 to 45 minutes depending on profiles, with break if necessary
- Alternating registers in a session: motor, cognitive, sensory, emotional — avoid monotony

- Pleasure as driving force: successful workshop makes participants want to return

## Lesson 2 - Cultural and General Knowledge Workshops

- Adapted cultural quiz: questions by theme and decade, team or individual format
- Geography workshop: naming capitals, regions, monuments on illustrated maps
- History workshop: recognizing famous figures, dating events, completing timelines
- Music workshop: recognizing melodies, singing together, associating songs with eras

## Lesson 3 - Creative and sensory workshops with high cognitive potential

- Painting or drawing: choosing colors, reproducing models, free creation with commentary
- Cognitive gardening: naming plants, planning care, observing and describing changes
- Cooking or pastry: measuring, mixing, following recipe — multisensory and executive stimulation
- Sensory workshop: mystery boxes to identify by touch, smell, taste — attention and language

## Lesson 4 - Adapting cognitive animation for moderate to severe cognitive disorders

- Simplify without infantilizing: adapted activities respecting dignity and preserved skills
- Value procedural memory: kneading, folding, sorting, gluing — actions the body remembers
- Enjoyment as primary objective: cognitive efficiency follows well-being during session
- Manage group heterogeneity: create sub-groups, offer different levels within same activity

### MODULE 4

## Creative and Sensory Workshops

4 lessons

### Lesson 1 - EDITH — cognitive stimulation for active and healthy seniors

- Presentation of EDITH: 30 games covering memory, attention, language, calculation, executive functions, orientation
- Recommended games for active seniors: intermediate and advanced levels, personalized progression
- Using EDITH in individual sessions: duration, frequency, progress tracking, encouragement
- Using EDITH in groups: screen projection, gentle competition mode, team facilitation

### Lesson 2 - EDITH — adaptation for seniors with mild to moderate cognitive impairments

- EDITH games adapted to MCI and early dementia: accessible levels, without stressful timers
- Visual recognition, matching, and categorization games: relevant and well-tolerated
- Calibrating difficulty session by session according to the person's daily state
- Managing failure situations with EDITH: de-dramatize, refocus on game not performance

### Lesson 3 - JOE — cognitive prevention for active and independent seniors

- Presentation of JOE: cognitive stimulation program for active adults and healthy seniors
- JOE modules for prevention: working memory, attention, processing speed, reasoning
- Offering JOE independently: install application, create profile, understand results
- JOE in institutions or workshops: collective prevention sessions, inter-resident challenges, group follow-up

### Lesson 4 - Build a personalized cognitive stimulation program with DYNSEO tools

- Assess cognitive profile: what tool, what level, what frequency according to profile
- Architecture of typical weekly program: EDITH twice weekly + manual activities + group activities
- Combine digital tools and analog activities to vary stimulation registers
- Track and share: note sessions, reactions, progress to adjust and share with team or family

### MODULE 5

## Dynseo tools

0 lessons

## Teaching methods

- Remote training via videoconference platform (Zoom, Teams, or similar)
- Alternating theoretical presentations and practical demonstrations
- Live demonstration of DYNSEO tools (EDITH and JOE) with screen sharing
- Practical exercises and case studies adapted to participant profiles
- Question and answer sessions throughout the training
- Access to digital resources and activity sheets for download
- Certificate of completion issued at the end of training

