

DEPRESSION AND MOOD DISORDERS IN OLDER ADULTS:

UNDERSTANDING AND SUPPORTING LOVED ONES

Training for families and caregivers accompanying a senior at home or in an institution

Recognize, support, and take action when your elderly loved one is suffering from depression

Duration : 3 hours	Modules : 3 modules
Lessons : 12 lessons	Audience : Families and caregivers of seniors
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

This 3-hour training is designed for families and close caregivers accompanying a senior at home or in an institution. It helps to understand what depression really is in the elderly, to distinguish normal sadness from aging from a depressive episode that requires care, and to adopt the right behaviors to support their loved one without exhausting themselves. The training also addresses the issue of suicide among seniors, which is often a taboo subject, and the resources available for caregivers. At the end of the training, each participant will know how to recognize warning signs, what to say and what not to say, and will be familiar with the steps to get help.

Module summary

MODULE 1	Understanding Depression in Your Elderly Loved One	4 lessons
MODULE 2	Supporting a loved one — what helps, what harms	4 lessons
MODULE 3	Act — get help and support the treatment	4 lessons

Learning objectives

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- Distinguish between normal sadness and depression that requires medical care in the elderly
- Recognize emotional, behavioral, and physical warning signs of depression in a loved one
- Identify appropriate attitudes and phrases to support without harming or exhausting yourself
- Know what to do in case of suicidal thoughts and the emergency resources available
- Prepare an effective medical consultation and support treatment adherence
- Use DYNSEO tools to maintain connection and cognitive engagement with your loved one

General information

Duration	3 hours
Target audience	Families and close caregivers accompanying an elderly person at home or in an institution
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
Organization	DYNSEO – N° de déclaration d'activité : 11757351875

Lesson 1 - Depression is not "just old age"

- Depression is an illness, not a fate linked to age
- Why senior depression is often trivialized or ignored by those around them
- The differences between temporary sadness, grief, and depression that requires treatment
- The good news: depression can be effectively treated at any age with the right care

Lesson 2 - Recognizing the signs in your loved one

- Emotional signs: sadness, crying, feeling of emptiness, loss of joy
- Behavioral signs: withdrawal, refusal to go out, giving up loved activities
- Physical signs: fatigue, loss of appetite, sleep disturbances, somatic complaints
- Warning signals not to be missed: repeated negative statements, mentions of death

Lesson 3 - Understanding what may have triggered the depression

- Losses that weaken: death of a loved one, loss of autonomy, moving, end of driving
- Progressive isolation: how loneliness exacerbates and maintains depression
- Chronic illnesses and pain as triggering or aggravating factors
- The role of entering a medicalized residence: a transition often very depressive

Lesson 4 - Depression in a loved one with Alzheimer's or dementia

- How to recognize depression in someone who can no longer express themselves well
- Non-verbal signs to observe: facial expressions, behaviors, refusal of care
- The difference between apathy (indifference) and depression (suffering): two distinct situations
- Why it is important to report these observations to the care team or the doctor

Lesson 1 - What we can say and do — helpful attitudes

- Being present without forcing conversation: the value of simple silent presence
- Gently naming what you see: "I see that you are sad right now"
- Maintaining small routines and connections: regular visits, phone calls, short outings
- Valuing without minimizing: showing that you see the efforts without denying the suffering

Lesson 2 - Phrases and behaviors to avoid

- "Come on, make an effort!", "You have everything to be happy": why these injunctions hurt
- Minimizing or comparing: "It's nothing, there are worse than you"
- Forcing activities or outings against the will of the loved one
- Taking depression as a personal reproach or a lack of love towards the family

Lesson 3 - Support without losing oneself — taking care of oneself as a caregiver

- The exhaustion of the caregiver in the face of chronic depression: recognizing one's own limits
- Accepting that you cannot solve everything on your own: the relief of entrusting part of the care
- Resources for caregivers: support groups, respite platforms, associations
- Setting kind boundaries to endure over time

Lesson 4 - The question of suicide — do not turn a blind eye

- Seniors are the age group most affected by suicide: a topic not to be avoided
- Warning signs: "I don't want to live anymore," "You would be better off without me," refusal of treatment
- What to do immediately if a loved one expresses suicidal thoughts
- Emergency resources: primary care physician, 15, 3114 (national suicide prevention number)

Lesson 1 - Talk to the doctor — how to alert effectively

- Prepare for the medical appointment: note observations, changes, duration of symptoms
- How to talk to the doctor when a loved one minimizes or refuses to consult
- What to ask the doctor: assessment, psychiatric referral, medication adjustment

- Accompanying a loved one to the consultation: helpful or counterproductive presence depending on the case

Lesson 2 - Understanding treatment and supporting adherence

- Antidepressants: onset time (3 to 6 weeks), common side effects, do not stop on your own
- Psychotherapy tailored for seniors: what it is, how to find the right professional
- How to help your loved one attend appointments without taking over for them
- Signs that the treatment is starting to take effect: small changes to appreciate

Lesson 3 - DYNSEO tools to support your loved one on a daily basis

- E-MEMORIES: exploring memories together, reigniting conversation, restoring pride in life's journey
- EDITH: accessible memory games to maintain cognitive engagement and break passivity
- TOP CULTURE: cultural quizzes to do as a family to recreate connection and shared enjoyment
- How to use these tools during visits to transform the time spent together

Lesson 4 - Resources, support, and action plan for the caregiver

- Caregiver associations: France Alzheimer, UNAF, Foundation for Research on Depression
- Respite platforms and in-home relay services
- The national caregiver number and available helplines
- My personal action plan: 3 things I will implement this week

Teaching methods

- Online self-paced training accessible 24/7 from any device
- Video lessons, downloadable resources, and practical case studies
- Knowledge assessment quizzes at the end of each module
- Certificate of completion issued at the end of the training
- Access to DYNSEO support team for questions throughout the training