

DYS DISORDERS IN ADULTHOOD: UNDERSTANDING AND ADAPTING

For families, loved ones, caregivers, and DYS adults seeking practical solutions

Transform daily challenges into opportunities by leveraging strengths and concrete tools

Duration : 4 hours	Modules : 4 modules
Lessons : 10 lessons	Audience : Families, caregivers, DYS adults
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

DYS disorders in adulthood do not disappear—they transform and can affect work, daily life, and self-esteem. This training provides simple guidelines to understand these specificities, spot concrete signs, and implement effective adaptations at home and at work. Through case studies and ready-to-use tools, you will learn to value strengths, adopt sustainable strategies, and mobilize support networks. No prerequisites required; a caring, solution-focused approach designed for real-life impact.

Module summary

MODULE 1	Understanding DYS disorders in adulthood	3 lessons
MODULE 2	Adapting to everyday life	3 lessons
MODULE 3	The role of those around you	3 lessons
MODULE 4	DYNSEO for supporting adults with DYS disorders	1 lesson

Learning objectives

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- Understand DYS profiles in adulthood and their impact on professional and personal life
- Identify concrete signs and emotional challenges associated with DYS disorders
- Implement effective digital and organizational tools tailored to individual needs
- Develop and showcase unique strengths: creativity, holistic thinking, perseverance, empathy
- Adopt sustainable adaptation strategies at home and at work
- Mobilize family and professional support networks with clear, kind communication
- Build a personalized action plan integrating tools, routines, and reasonable accommodations

General information

Duration	4 hours
Target audience	Families, loved ones, spouses, caregivers, and DYS adults seeking to understand and acquire practical tools
Prerequisites	None, training accessible to all adults
Price	On quote - VAT not applicable (article 261-4-4° du CGI)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - Overview of DYS disorders

- Specific learning disorders unrelated to intelligence or effort
- Dyslexia, dysorthographia, dyscalculia, dyspraxia, dysphasia: definitions and characteristics
- Persistent and specific disorders affecting one area without impacting general intelligence
- Isolated or associated disorders: understanding "multi-dys" profiles

Lesson 2 - Impacts on professional life

- Written communication: emails and forms require more time and energy
- Meetings and speaking up: challenges in oral participation and expression
- Organization and planning: managing tasks and deadlines demands extra effort
- Self-confidence and fear of mistakes: hesitation to ask for help
- Cognitive fatigue and risk of burnout from constant compensation

Lesson 3 - Social and emotional difficulties

- Fragile self-confidence shaped by remarks and criticisms since childhood
- Fear of judgment and hesitation to reveal one's disorder
- Difficulties in communication: speaking up, following fast-paced conversations
- Emotion management: constant efforts, fatigue, and stress
- Risk of isolation and withdrawal from social situations

Lesson 1 - Digital tools and personal organization

- Voice dictation for drafting emails, reports, and notes
- Smart spell checkers and text-to-audio transformation tools
- Task management apps: reminders, planning, breaking down tasks
- Mind maps for structuring ideas and projects visually
- Simple strategies: color codes, preparation routines, checklists

Lesson 2 - Developing your strengths and talents

- Creativity: rich imagination, original thinking, innovative ideas
- Visual and holistic thinking: seeing the big picture and connections
- Perseverance and resilient character built through overcoming challenges
- Original problem-solving: inventing alternative methods and solutions
- Sensitivity and empathy: unique listening and understanding skills

Lesson 3 - Strategies and practical advice

- Break down tasks into small steps to maintain motivation
- Choose tools that fit your profile: digital or simple aids
- Anticipate and prepare: organize the night before, note appointments immediately
- Request reasonable accommodations: extra time, written summaries
- Listen to your limits: allow breaks to recharge and prevent burnout

Lesson 1 - Understanding and kindness at work

- Invisible difficulties: importance of open dialogue to adapt the environment
- Simple workplace adaptations: extra time, audio versions, written instructions
- Tolerance towards mistakes: recognizing effort over perfection
- Active listening: allowing the person to explain their functioning and needs
- Team benefits: clear instructions and visual aids help everyone

Lesson 2 - The importance of family support

- Affective security: acceptance without judgment
- Encouragement: highlighting strengths, talents, and successes
- Concrete gestures: helping organize, proofreading, offering a listening ear
- Open communication: listening without interrupting, respecting autonomy

- Balance between support and independence

Lesson 3 - Breaking isolation and promoting self-esteem

- Maintain social connections: friendships, activities, associations
- Value small daily successes to build confidence
- Encourage supportive environments free from judgment
- Active participation: sharing talents and contributing to community
- Recognition for strengths beyond difficulties

MODULE 4

DYNSEO for supporting adults with DYS disorders

1 lesson

Lesson 1 - CLINT, your brain coach

- Cognitive stimulation app with 30+ varied games for adults
- Playful training without pressure: memory, language, logic, calculation
- Syllabus Game: syllable ordering for phonological awareness and written language
- Calculus Game: progressive mental calculations for logic, attention, and reasoning
- Excellent complement to professional support: daily exercises at your own pace
- Two-player mode: transform training into shared moments and strengthen bonds

Teaching methods

- Case studies illustrating real-life situations
- Step-by-step demonstrations of tools and techniques
- Ready-to-use resources: planning templates, checklists, app suggestions
- Focus on small victories and realistic daily routines
- Personalized action plan for home and work environments
- Introduction to CLINT brain coach for ongoing cognitive training