

# MAINTAINING YOUR MEMORY DAILY: SIMPLE AND EFFECTIVE METHODS

**For seniors, caregivers, and loved ones who want to preserve autonomy and cognitive well-being**

Concrete tools to strengthen your cognitive abilities day by day

<b>Duration</b> : 2 to 3 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 10 lessons	<b>Audience</b> : Seniors, family caregivers, and loved ones
<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 online training helps you understand how memory works and why it evolves over time. Through simple explanations and concrete methods, you will learn to maintain your cognitive abilities through accessible gestures, memorization techniques, and easy-to-apply routines. The course enables you to better identify situations that require vigilance and to rely on your surroundings for effective support. You will leave with practical tools: memorization techniques, stimulating routines, self-monitoring grids, and strategies applicable today in your daily life.

## Module summary

<b>MODULE 1</b>	Understanding Memory	3 lessons
<b>MODULE 2</b>	Tips and Daily Routines	3 lessons
<b>MODULE 3</b>	Guidelines, Monitoring, and Support	3 lessons
<b>MODULE 4</b>	DYNSEO applications for maintaining memory	1 lesson

## Learning objectives

### Learning objectives

- Understand what memory really is and the different types that structure our daily activities
- Identify why it is important to maintain memory for autonomy, confidence, and well-being
- Adopt the right reflexes to stimulate your brain through curiosity, varied activities, and simple organization
- Discover and apply effective memorization techniques: associations, visualization, spaced repetition, mnemonic devices
- Retain important information more easily and organize your memories effectively
- Train in a targeted and relevant way with activities that make sense and have real utility
- Recognize warning signals and know when to consult for professional advice
- Establish a simple self-monitoring system to track your evolution and prepare medical discussions
- Activate family support and arrange your environment to facilitate memory in daily life
- Create routines and markers to strengthen confidence and ease everyday tasks

## General information

<b>Duration</b>	2 to 3 hours of progressive training
<b>Target Audience</b>	Seniors, family caregivers, and loved ones wishing to maintain their memory and autonomy
<b>Prerequisites</b>	None, training accessible to all adults
<b>Price</b>	Sur devis – TVA non applicable (article 261-4-4° du CGI)
<b>Certification</b>	Qualiopi – Attestation de fin de formation



**Lesson 1 - What is memory?**

- Memory is a network of brain pathways that are created and reconnected
- It selects, simplifies, reconstructs; we naturally forget most of what we experience
- What is kept longest: what makes sense, what has touched us, what we have repeated
- With age, memory changes: slowing down is part of normal aging
- Memory is alive: it is worked on, strengthened, and organized

**Lesson 2 - The main types of memory**

- Immediate and working memory: holding information for a few seconds while doing something else
- Episodic memory: personal memories, sensitive to aging
- Semantic memory: general knowledge, often better preserved
- Procedural memory: memory of actions, very resistant to time
- Prospective memory: what we need to do later, supported by alarms and calendars

**Lesson 3 - Why maintain it? Impact in everyday life**

- Stay autonomous: manage appointments, medications, daily activities
- Nurture relationships: remember names, anecdotes, maintain an active family role
- Support identity and self-esteem: maintain the thread connecting past and present
- Break the vicious cycle: fewer forgetfulness leads to less anxiety and better functioning
- Create brain reserves: an engaged brain compensates better and finds detours

**Lesson 1 - Everyday Good Habits**

- Do one thing at a time: give full attention when information arrives
- Repeat quickly: say aloud a schedule, place a name back in the sentence
- Write in the same place: use one notebook or planner consulted daily
- Create fixed routines: keys always in the same place, medication after breakfast
- Take care of the foundation: sleep, nutrition, physical activity, breaks

**Lesson 2 - Memory Techniques**

- Spaced repetition: repeat right away, then a few minutes later, then later in the day
- Chunking: see numbers in blocks rather than as isolated digits
- Creating mental images: imagine a small funny or surprising drawing
- Associating with the known: link information to a familiar place or known date
- Making sentences or stories: turn a list into a mini-narrative

**Lesson 3 - Training with purpose**

- Choose activities that resemble real life and make sense to you
- Keep the notion of fun: games, quizzes, songs, riddles with grandchildren
- A little regularly is better than a lot from time to time
- Connect training to emotions, relationships, and projects
- Accept that memory will never be perfect but it can be supported

**Lesson 1 - Identifying warning signals**

- Repeated forgetfulness of recent events: same questions being asked, erased conversations
- Time and space markers: getting the day wrong, getting lost in familiar places
- Language difficulties: regularly searching for simple words
- Daily organization: no longer following a known recipe, making medication mistakes
- Some signs may have other causes: consult to understand

**Lesson 2 - Simple self-monitoring and consultation preparation**

- Use a small notebook: note the date, situation, and context (fatigue, stress)
- Also mention positive points to keep your resources in mind
- Prepare for consultation: 2-3 worrying situations, questions to ask, list of treatments

- Come with a trusted person if possible
- Do not test yourself constantly: moderate follow-up focused on real changes

### Lesson 3 - Activate the family and arrange the environment

- Identify one or two trusted people to organize together
- Loved ones offer support without constantly correcting
- Reference corner: fixed place with calendar, shopping list, appointment book
- Important objects always in the same place: keys, glasses, phone
- Accept modern tools: phone reminders, medication alarms

## MODULE 4

## DYNSEO applications for maintaining memory

1 lesson

### Lesson 1 - Presentation of Edith, your memory coach, and JOE, your brain coach

- Edith: for seniors and individuals with cognitive vulnerabilities, simple and adapted exercises
- JOE: for adults wishing to maintain memory, attention, and reflection
- Work for a few minutes, several times a week, without performance pressure
- Visualize your progress: a sense of continuity and commitment
- These tools are complements and allies of daily life, not a replacement for medical follow-up

## Teaching methods

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- 100% online training accessible from computer or tablet
- Progress at your own pace, whenever you want, without time constraints
- Progressive modules with simple explanations and concrete methods
- Practical tools: memorization techniques, stimulating routines, self-monitoring grids
- Bonus: discovery of DYNSEO applications EDITH and JOE for cognitive stimulation
- Certificate of completion provided at the end of training