

PARKINSON'S DISEASE: UNDERSTANDING THE DISEASE AND FINDING SOLUTIONS FOR EVERYDAY LIFE

Training for caregivers, families, and healthcare professionals supporting people with Parkinson's

Practical solutions to maintain independence, manage daily challenges, and strengthen family bonds

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| Duration : 4 hours | Modules : 4 modules |
| Lessons : 10 lessons | Audience : Caregivers, families, healthcare and support professionals |
| Format : 100% online, asynchronous | Provider : N° 11757351875 |
| Certification : Qualiopi | Price : On request |

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Course description

This training course helps you understand Parkinson's disease beyond preconceived ideas and recognize its motor and non-motor symptoms. You'll learn to take simple steps, make practical adjustments, and adapt your organization to energy fluctuations. The course covers environmental adaptation, fatigue management, communication techniques, and the use of DYNSEO digital tools. A 100% practical approach to help you take action immediately with clear strategies and concrete solutions applicable at home.

Module summary

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| MODULE 1 | Understanding the disease | 3 lessons |
| MODULE 2 | Daily life with Parkinson's disease | 3 lessons |
| MODULE 3 | The role of the support network | 3 lessons |
| MODULE 4 | DYNSEO to support someone with Parkinson's disease | 1 lesson |

Learning objectives

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- Differentiate between normal aging and pathology; identify risk factors and prevention levers
- Identify motor symptoms (tremors, slowness, stiffness, balance) and non-motor symptoms (fatigue, sleep, anxiety, pain)
- Deconstruct preconceived ideas about Parkinson's disease
- Adapt gestures and activities: simplified dressing, safe cooking, ergonomic tools
- Manage fatigue and fluctuations: split tasks, plan rest periods, prioritize essentials
- Promote movement through gentle, regular activities for flexibility and balance
- Implement cognitive and social stimulation to maintain momentum and bonding
- Communicate positively: simple messages, patience, encouragement
- Support the caregiver: recognize emotions, prevent exhaustion, preserve personal time
- Use DYNSEO tools (CLINT and The Rolling Ball) to monitor progress and make adjustments

General information

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| Duration | 4 hours |
| Target audience | Caregivers, family members, healthcare professionals, and anyone supporting a person with Parkinson's disease |
| Prerequisites | None, training accessible to all adults |
| Price | Sur devis - TVA non applicable (article 261-4-4° du CGI) |

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| Certification | Qualiopi - Attestation de fin de formation |
| Training provider | DYNSEO - N° de déclaration d'activité : 11757351875 |

Lesson 1 - Understanding age-related diseases

- Difference between normal and pathological aging: neurodegenerative disease explained
- Risk factors: age, heredity, lifestyle (physical activity, diet, social isolation)
- Consequences: cognitive (memory, orientation), motor (slowness, stiffness), emotional (anxiety)
- Available support: treatments, physiotherapy, speech therapy, cognitive stimulation
- Objective: reduce symptoms, preserve independence and quality of life

Lesson 2 - Symptoms, progression, and stages of the disease

- Parkinsonian triad: resting tremor, bradykinesia, muscle rigidity
- Motor symptoms: balance problems, stooped posture, unsteady gait, weak voice
- Non-motor symptoms: fatigue, sleep disturbances, anxiety, depression, pain, constipation
- Progression in 3 stages: early (unilateral), intermediate (bilateral), advanced (essential assistance)
- Progression varies greatly depending on individual factors and treatments

Lesson 3 - Misconceptions to deconstruct

- FALSE: 'Parkinson's = only tremors' - many invisible symptoms exist (fatigue, anxiety)
- PARTIAL: 'A disease of the elderly' - early-onset Parkinson's possible from age 40-50
- FALSE: 'Prevents a normal life' - allows work, leisure, travel with proper adjustments
- FALSE: 'Nothing can be done' - medication, therapies, stimulation, activity all help
- FALSE: 'The same for everyone' - each person experiences the disease uniquely

Lesson 1 - Adapting movements and activities

- Dressing: Velcro closures, Velcro shoes, elasticated pants for simplified dressing
- Cooking: ergonomic knives, non-slip plates, ingredients prepared in advance
- Meals: heavy cutlery, extended handles, anti-shake cutlery for stability
- Bathroom/Leisure: shower seat, electric brushes, enlarged pens, voice dictation, audiobooks
- Key message: adapted equipment = ally for independence, maintaining satisfaction of doing it yourself

Lesson 2 - Managing exhaustion and organization

- Parkinsonian fatigue is a true symptom: identify energy periods and adapt activities
- Break down activities: distribute tasks over several periods to avoid exhaustion
- Delegate and accept help: share tasks, use outside services, simplify routines
- Improve sleep: bedtime rituals, regular schedule, calm environment, short naps
- Prioritize: distinguish essential from secondary, focus on what brings pleasure and connection

Lesson 3 - Importance of movement and stimulation

- Movement = non-drug treatment: maintains flexibility, reduces stiffness, stimulates dopamine
- Regularity over intensity: 10 min/day better than long weekly session
- Psychological benefits: confidence in body, every successful movement is a victory
- Essential cognitive stimulation: reading, games, crosswords, music, learning new things
- Comprehensive activities: singing (voice, breathing, social), dancing (coordination, balance, pleasure)

Lesson 1 - The experiences of relatives and caregivers

- Caregiver role involves conflicting emotions: fear, fatigue, guilt, loneliness
- Positive emotions to cherish: sense of connection, smiles, small daily victories
- Accept you cannot do everything alone: seek support from family/professionals
- Self-care is vital: time out, rest, personal activities necessary for good support
- Share emotions with other carers and maintain emotional bonds beyond caregiving

Lesson 2 - Maintaining quality of life together

- Quality of life: continuing to live, share and enjoy life despite difficulties
- Small daily pleasures: savoring meals, music, walks, laughing at memories
- Staying active as much as possible: stimulating body and mind through activities

- Adapting the environment: simplifying home organization for fewer obstacles
- Quality of life for everyone: caregiver well-being essential for balanced support

Lesson 3 - Promote positive communication

- Tone and attitude: speak softly, reassuring tone, maintain eye contact, use gentle gestures
- Simple language: short clear sentences, stick to essentials, break information into steps
- Patience is crucial: allow time, accept silences, do not finish sentences
- Value what is said: encourage even if incorrect ('I understand', 'thank you')
- Avoid hurtful behavior: speaking for them, talking as if absent, dwelling on difficulties

MODULE 4

DYNSEO to support someone with Parkinson's disease

1 lesson

Lesson 1 - DYNSEO apps for Parkinson's disease

- CLINT application: 30+ games for memory, attention, logic and cognitive stimulation
- The Rolling Ball: playful movement exercises to maintain flexibility and balance
- Progress monitoring: track evolution and adjust activities to individual needs
- Practical tools: accessible on tablet, adapted to motor and cognitive abilities
- Integrated support: combines cognitive and physical stimulation for comprehensive care

Teaching methods

- 100% online training accessible 24/7 from any device
- Practical content: videos, infographics, downloadable resources
- Real-life scenarios and concrete examples applicable immediately
- Interactive quizzes to validate knowledge after each module
- Certificate of completion provided at the end of training
- Personalized coaching support available via messaging