

POST-CANCER FATIGUE AND CHEMO BRAIN: UNDERSTANDING AND SUPPORTING AT HOME

Training for families and loved ones of people affected by cancer

Understanding invisible aftereffects to better support daily recovery

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and loved ones of cancer patients
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

www.dynseo.com/nos-formations | contact@dynseo.com | 09 66 93 84 22

Course description

Cancer-related fatigue and cognitive disorders (chemobrain) affect more than 80% of patients but remain largely invisible and misunderstood. This training helps families grasp these complex realities, adapt their daily support, and actively participate in their loved one's recovery. You will learn to recognize the signs, adjust communication, reorganize home life, and take care of yourself as a caregiver. A practical and empathetic approach to transform misunderstandings into informed and caring support.

Module summary

MODULE 1	Cancer-related fatigue — an unknown reality	4 lessons
MODULE 2	Chemobrain — when chemotherapy disrupts thinking	4 lessons
MODULE 3	Life After Treatment — Post-Cancer	4 lessons
MODULE 4	Take care of yourself	4 lessons

Learning objectives

Learning objectives

- Understand the neurological and metabolic mechanisms of cancer-related fatigue
- Recognize the manifestations of chemobrain and adapt communication accordingly
- Support post-cancer reconstruction without rushing the recovery process
- Reorganize daily life to reduce fatigue and stimulate cognitive recovery
- Take care of yourself as a caregiver and rebuild your own life alongside your loved one

General information

Duration	2 hours
Target audience	Families and loved ones of people who have had or have cancer
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 - What exactly is cancer-related fatigue?

- A neurological and metabolic fatigue, not psychological or muscular
- Multiple causes: illness, treatments, anemia, sleep disorders, stress
- Why it does not subside with rest: fundamental difference with ordinary fatigue
- Frequency: affects more than 80% of people during and after treatments

Lesson 2 - How it manifests in daily life

- Sudden and unpredictable exhaustion without warning signs
- Cognitive impact: fewer words, less concentration, irritability
- Emotional fatigue: less patience, more sensitivity, need for silence
- Good days and bad days: understanding fluctuations without dramatizing

Lesson 3 - What fatigue is not

- Not laziness, discouragement, or lack of will to heal
- Not necessarily depression, even if both can coexist
- Not a sign that treatments are not working
- Not inevitable: can be managed with good organization

Lesson 4 - Adapting Home Life to Fatigue

- Identify energy windows and organize activities accordingly
- Respect rest periods without encouraging total sedentary behavior
- Reduce unnecessary stimuli: noise, lengthy visits, excessive demands
- Adapt the home to reduce unnecessary energy expenditure

Lesson 1 - What is chemobrain?

- Cognitive disorders related to cancer treatments
- Affects 20 to 40% of individuals, sometimes long after treatment ends
- Mechanisms: brain inflammation, treatment toxicity, fatigue, hormonal disruptions
- Often minimized but represents real suffering

Lesson 2 - The manifestations of chemobrain

- Frequent forgetfulness: appointments, names, location of objects
- Cognitive slowing: more time to understand and respond
- Difficulties concentrating: getting lost in simple tasks or reading
- Word-finding difficulties: frustration searching for known words

Lesson 3 - Adapting your communication and your assistance

- Give one piece of information at a time, allow processing time
- Never finish sentences or correct in front of others
- Create stable routines that compensate for forgetfulness
- Visual memory aids: lists, calendars, applications set up together

Lesson 4 - Supporting cognitive recovery

- Gentle cognitive stimulation: reading, games, conversations, manual activities
- Digital tools for adapted cognitive stimulation (JOE) for recovery
- Physical activity as a lever for cognitive recovery: scientific evidence
- Patience and kindness: recovery takes time, often more than expected

Lesson 1 - The paradox of post-cancer

- Why immediate bounce-back after treatment ends doesn't happen
- The paradox: loved ones celebrate, patient feels more alone than ever
- Identity reconstruction: who am I now, what has changed forever

- Fear of recurrence: constant, overwhelming, often misunderstood

Lesson 2 - Supporting reconstruction without rushing

- Don't expect immediate return to normal: give time to time
- Support without pushing: rebuilding happens at your loved one's pace
- Gradually rediscover pleasures: small projects, adapted activities
- Celebrate small victories without minimizing ongoing difficulties

Lesson 3 - The return to work and social life

- Returning to work: when, how, and with what adjustments
- Fatigue and chemobrain at work: communicating with employers
- Social life after cancer: some connections changed, others strengthened
- Finding a place in the world after being 'the patient'

Lesson 4 - Sexuality and intimacy after cancer

- Impacts on sexuality: surgery, hormonal treatments, body image
- Ways to support your loved one in this reconstruction
- How to talk about it together: words, timing, kindness
- Professionals to consult: oncologist-sexologist, psychologist, physician

MODULE 4

Take care of yourself

4 lessons

Lesson 1 - Your own exhaustion after treatments

- Caregiver tension for months: acknowledging your own fatigue
- Release after treatment ends: finally letting down your defenses
- Your own anxiety about relapse: a little-recognized reality
- Taking care of your health now that the emergency has passed

Lesson 2 - Rebuild your own life

- You too have put life on hold: time to take it back
- Rediscover your activities, relationships, projects
- Rebuild the relationship beyond the caregiver role
- The right to joy and to the future: for both of you

Lesson 3 - Finding support

- The League Against Cancer and its services for relatives
- Support groups for families of people in remission
- Psychological support for cancer caregivers
- Survivor associations and their relatives: a community that understands

Lesson 4 - Monitoring together without living in fear

- Post-cancer medical follow-up: regular examinations and frequency
- Supporting during consultations without causing anxiety
- Living with uncertainty: strategies to prevent overwhelming fear
- Building a rich and fulfilling life despite the sword of Damocles

Teaching methods

- Self-paced online training accessible 24/7 from any device
- Interactive videos, downloadable practical resources and memory aids
- Progress tracking and end-of-training certificate
- Complementary access to educational resources on cancer aftereffects