

# POST-STROKE FATIGUE: UNDERSTANDING AND MANAGING LIFE AT HOME

## Training for families and caregivers of stroke survivors

Understanding neurological fatigue to better support your loved one at home

<b>Duration</b> : 2 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 16 lessons	<b>Audience</b> : Families and caregivers of stroke survivors
<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

Post-stroke neurological fatigue affects more than 70% of survivors and is one of the most misunderstood consequences by those around them. This training helps families understand why this fatigue is real, neurological, and unpredictable—not laziness or depression. You will learn to recognize the signs of exhaustion, organize daily life around energy windows, and communicate effectively with your loved one. We also address caregiver fatigue and provide concrete tools to build a sustainable support system at home without exhausting yourself or your loved one.

## Module summary

<b>MODULE 1</b>	Understanding Post-Stroke Neurological Fatigue	4 lessons
<b>MODULE 2</b>	Organizing life at home	4 lessons
<b>MODULE 3</b>	Fatigue and the relationship with your loved one	4 lessons
<b>MODULE 4</b>	You, as a relative	4 lessons

## Learning objectives

### Learning objectives

- Understand the neurological nature of post-stroke fatigue and distinguish it from laziness or depression
- Identify your loved one's energy patterns and adapt daily schedules accordingly
- Organize the home environment to reduce unnecessary energy expenditure
- Communicate effectively about fatigue without creating guilt or tension
- Manage social visits and outings while respecting energy limitations
- Recognize and address your own caregiver fatigue before burnout
- Build a sustainable support network using available resources and respite services

## General information

<b>Duration</b>	2 hours
<b>Target audience</b>	Families and caregivers of stroke survivors
<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
<b>Organization</b>	DYNSEO – N° de déclaration d'activité : 11757351875

**Lesson 1 - What exactly is post-stroke fatigue?**

- Definition: a neurological fatigue, not psychological or muscular
- Why the injured brain consumes much more energy for the same tasks
- Frequency: affects more than 70% of people after a stroke
- Why it is so often misunderstood by those around and even by caregivers

**Lesson 2 - How does this fatigue manifest in daily life?**

- Sudden and unpredictable exhaustion: the breakdown without warning signs
- Cognitive decline at the end of the day: no more words, no more concentration
- Irritability and emotional sensitivity heightened by fatigue
- The invisible fatigue: the person seems rested but their brain is at its limit

**Lesson 3 - What fatigue is not**

- It is not laziness or a lack of motivation
- It is not necessarily depression, even if both can coexist
- It is not a regression: fatigue fluctuates, it does not mean things are worse
- It is not inevitable: it can be managed with good organization

**Lesson 4 - The evolution of fatigue over time**

- Post-stroke fatigue can last for months or even years
- Factors that worsen it: overstimulation, stress, infections, poor sleep
- Factors that gradually improve it: brain recovery, adapted activity
- What we can hope for: testimonies and data on long-term evolution

**Lesson 1 - Identify your loved one's energy window**

- Observe the times of day when your loved one is most alert
- Keep a simple fatigue journal to identify patterns
- Adapt the schedule for care, visits, and activities to these windows
- Avoid scheduling significant efforts at the end of the day or after exertion

**Lesson 2 - Arranging the home to reduce energy expenditure**

- Simplify travel and reduce physical obstacles in the home
- Bring useful items closer to avoid unnecessary movements
- Reduce sources of excessive stimulation: noise, light, agitation
- Create an accessible and comfortable resting space within reach

**Lesson 3 - Planning activities without exhausting**

- The principle of short and sequenced activities with breaks
- Prioritize: what is really important today?
- Learn to let go without guilt: not everything can be done every day
- Alternate effort and rest: recovery is part of the program

**Lesson 4 - Managing Bad Days**

- Recognizing a bad day without panicking or forcing it
- What to do when fatigue is at its peak: the backup plan for the day
- Distinguishing between usual fatigue and a medical warning signal
- Keeping track of very difficult days to discuss with the doctor

**Lesson 1 - When fatigue creates tension**

- Why loved ones end up not believing it anymore or becoming impatient
- The frustration of the caregiver in the face of an invisible and unpredictable constraint
- How your loved one's fatigue impacts your own fatigue

- Naming the tensions without denying them: the first step to defuse them

### Lesson 2 - Adjust your expectations and your projects

- Giving up on previous projects without giving up on all projects
- Building new pleasures adapted to current energy levels
- Not doing instead for the sake of saving time: the consequences on recovery
- Celebrating what has been accomplished rather than regretting what has not

### Lesson 3 - Talking about fatigue with your loved one

- How to approach the subject without making your loved one feel like a burden
- Listen to what your loved one is feeling without minimizing or dramatizing
- Find a common language to signal fatigue: a word, a sign, a color
- Decide together on daily adjustments rather than imposing limits

### Lesson 4 - Fatigue and social life

- Visits: how to organize them so they are not exhausting
- Outings: prepare, pace, plan an emergency exit
- Explain fatigue to those around you who do not understand
- Maintain an adapted social life: why it is vital despite the energy constraint

## MODULE 4

## You, as a relative

4 lessons

### Lesson 1 - Your own caregiver fatigue

- The caregiver's fatigue is real and often denied
- Warning signs: chronic irritability, sleep disturbances, loss of pleasure
- Why taking care of oneself is not selfish but essential
- Asking for help before reaching your limit: it's easier than afterwards

### Lesson 2 - Organizing home care support

- Identify who in the surroundings can take over and how
- Home assistance services: what types of help, how to access them
- Respite: day care, temporary accommodation — without guilt
- Build a sustainable organization, not emergency patchwork

### Lesson 3 - Manage Your Own Sleep and Energy

- Disrupted nights due to caregiving: how to protect them
- Your own recovery rituals: short breaks, physical activity, disconnection
- What you can delegate to preserve your energy for what matters
- Setting kind boundaries without feeling guilty

### Lesson 4 - Resources and Support for Caregivers

- Respite platforms and caregiver associations
- Psychological support for relatives: easy access
- Support groups: sharing with people who truly understand
- Taking care of the relationship with your loved one beyond the caregiver role

## Teaching methods

- Online self-paced training accessible 24/7 from any device
- Video lessons, practical tools, and downloadable resources
- Fatigue tracking templates and daily planning tools
- Certificate of completion provided at the end of training
- Access to additional resources and caregiver support networks