

Families & Caregivers · Illness, behaviour & caring for loved ones

FAMILIES £17 / \$22

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

Training for individuals

To start

Alzheimer's: Understanding the Disease and Finding Solutions for Everyday Life

- Identify the stages and progression of the disease
- Adapt communication and activities
- Make the home safe and ease daily routines
- Manage memory loss and preserve autonomy

FAMILIES

£17 / \$22

CEREBROVASCULAR ACCIDENT: UNDERSTANDING THE DISEASE AND FINDING SOLUTIONS FOR EVERYDAY LIFE

Training for individuals

To start

Stroke: Understanding the Disease and Finding Solutions for Everyday Life

- Recognise FAST signs and act quickly
- Simple cognitive stimulation exercises
- Adapt the home and structure daily life
- Find the right professionals and resources

FAMILIES

£17 / \$22

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

Training for individuals

To start

Parkinson's: Understanding the Disease and Finding Solutions for Everyday Life

- Recognise symptoms and disease progression
- Adapt communication and daily activities
- Prevent falls and maintain safe mobility
- Understand treatments and their side effects

FAMILIES

£17 / \$22

STROKE AND APHASIA: NEW WAYS TO COMMUNICATE WITH YOUR LOVED ONE

Training for families

To start

Stroke and Aphasia: New Ways to Communicate with Your Loved One

- Understand language disorders after a stroke
- Alternative and augmentative communication techniques
- Maintain emotional connection and autonomy
- Access specialist professionals and resources

FAMILIES

£17 / \$22

COGNITIVE AND EMOTIONAL CHANGES IN PARKINSON'S DISEASE: WHAT FAMILIES NEED TO KNOW

Training for families

To start

Cognitive and Emotional Changes in Parkinson's Disease: What Families Need to Know

- Memory, attention, and cognitive slowing
- Managing mood swings and anxiety
- Adapting activities to your loved one's profile
- Preventing and managing confusion episodes

FAMILIES

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CARING FOR SOMEONE WITH PARKINSON'S: TAKING CARE OF YOURSELF FOR THE LONG HAUL

Training for families

To start

Caring for Someone with Parkinson's: Taking Care of Yourself for the Long Haul

- Recognise caregiver burnout warning signs
- Respite care, support networks and resources
- Maintain your own mental and physical health
- Know when to seek additional help

FAMILIES

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BEHAVIORAL CHANGES RELATED TO ILLNESS: A PRACTICAL GUIDE FOR LOVED ONES

Training for families

To start

Behavioral Changes Related to Illness: A Practical Guide for Loved Ones

- Understand the neurological causes of behavioural changes
- Techniques to defuse tensions and prevent crises
- Respond without making things worse
- Adapt the environment to reduce triggers

FAMILIES

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STROKE AND RELATIONSHIPS: GETTING THROUGH THE CHALLENGE AND REBUILDING TOGETHER

Training for families

To start

Stroke and Relationships: Getting Through the Challenge and Rebuilding Together

- Understand personality changes after stroke
- Rebalance roles within the relationship
- Rediscover intimacy and closeness
- Communicate about new needs and boundaries

FAMILIES

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COGNITIVE DIFFICULTIES AFTER STROKE: MEMORY, ATTENTION, AND EVERYDAY LIFE

Training for families

To start

Cognitive Difficulties After Stroke: Memory, Attention, and Everyday Life

- Recognise common cognitive after-effects
- Use memory aids and organisational tools
- Adapt the home and daily activities
- Support post-stroke fatigue

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- ✓ Immediate access
- ✓ At your own pace
- ✓ Qualiopi N° 11757351875
- ✓ Videos · Quizzes · Resources
- ✓ Regularly updated

Families & Caregivers · Children, teenagers & neurodiversity — emotions, behaviour, impulsivity

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SUPPORTING A CHILD WITH AUTISM: KEYS AND SOLUTIONS FOR EVERYDAY LIFE

Start

Supporting a child with autism: keys and solutions for everyday life

- Identify sensory and emotional differences
- Use visual supports and reassuring routines
- Encourage social skills and independence
- Adapt the home and school environment

FAMILIES

£17 / \$22

MANAGING THE EMOTIONS OF A CHILD WITH AUTISM

Family Training

To start

Managing the emotions of a child with autism

- Identify emotional triggers in autistic profiles
- Regulation tools adapted to sensory profile
- Prevent and de-escalate emotional crises
- Build a personalised regulation toolkit

FAMILIES

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AUTISM: MANAGING DIFFICULT SITUATIONS IN DAILY LIFE

Family Training

To Start

Autism: Managing Difficult Situations in Daily Life

- Understand challenging behaviours (self-harm, aggression)
- Prevention and anticipation strategies
- Respond effectively without escalating
- Create an action plan for recurring situations

FAMILIES

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ACCOMPANYING A CHILD WITH ADHD: KEYS AND SOLUTIONS FOR EVERYDAY LIFE

Start

Accompanying a child with ADHD: keys and solutions for everyday life

- Understand the ADHD brain and its specific needs
- Structure routines and the home environment
- Support concentration and learning
- Preserve the parent-child relationship day-to-day

FAMILIES

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ADHD CHILD AT HOME: ADVANCED STRATEGIES FOR MANAGING IMPULSIVITY AND OPPOSITION

Family Training

To start

ADHD Child at Home: Advanced Strategies for Managing Impulsivity and Opposition

- Structuring environment and conflict reduction
- Managing transitions, homework and bedtime
- Non-confrontational communication with your child
- Managing family mental load

FAMILIES

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ADHD IN ADOLESCENTS: ADVANCED STRATEGIES FOR MANAGING IMPULSIVITY AND OPPOSITION

Family Training

To start

ADHD in Adolescents: Advanced Strategies for Managing Impulsivity and Opposition

- The ADHD brain in adolescence: key mechanisms
- Framework, boundaries and adapted routines
- De-escalate opposition without confrontation
- Preserve the parent-teenager relationship

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DEVELOPING COMMUNICATION IN CHILDREN WITH DOWN SYNDROME

To start

Developing communication in children with Down syndrome

- Understand language specificities in trisomy 21
- Alternative and augmentative communication techniques
- Activities to build vocabulary and sentences
- Collaborate with speech therapists and educational teams

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HELPING YOUR CHILD WITH DOWN SYNDROME MANAGE THEIR EMOTIONS

To start

Helping your child with Down syndrome manage their emotions

- Understand emotional specificities in trisomy 21
- Regulation tools adapted to the child's profile
- Prevent and soothe the emotional crises
- Strengthen self-confidence and emotional autonomy

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£17 / \$22

SUPPORTING A CHILD WITH DOWN SYNDROME: KEYS AND SOLUTIONS FOR EVERYDAY LIFE

Training for individuals

To start

Supporting a Child with Down Syndrome: Keys and Solutions for Everyday Life

- Identify daily strengths and challenges
- Implement adapted educational activities
- Foster independence and celebrate achievements
- Stimulate language and communication

FAMILIES

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Down syndrome (teen, adult) · Autism in adults · ADHD in adults · DYS in adults · Healthy ageing · Memory · MS · Brain injury · Cancer · Palliative care · and many more...

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