

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

Training for families and loved ones of people with Parkinson's disease

Understanding cognitive and emotional changes to preserve the relationship and adapt daily life

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and caregivers of people with Parkinson's
Format : 100% online, asynchronous	Provider : N° 11757351875
Certification : Qualiopi	Price : On request

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Course description

Beyond motor symptoms, Parkinson's disease profoundly affects memory, mood, motivation, and behavior. These cognitive and emotional changes are often more difficult for families to cope with than tremors, as they impact the identity and relationship with the loved one. This training helps you understand the neurological origin of these disorders, avoid misinterpreting them as character flaws or rejection, and provides concrete tools to adapt communication and daily life while preserving the emotional bond and your own well-being.

Module summary

MODULE 1	Cognitive Disorders in Parkinson's	4 lessons
MODULE 2	Emotional and psychiatric disorders	4 lessons
MODULE 3	Communication and daily relationships	4 lessons
MODULE 4	Taking care of yourself	4 lessons

Learning objectives

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- Understand the cognitive and emotional changes caused by Parkinson's disease and their neurological origins
- Distinguish between normal cognitive decline, mild impairment, and Parkinson's dementia
- Learn to react appropriately to hallucinations, apathy, depression, and behavioral disorders
- Adapt communication and daily interactions to preserve the relationship despite difficulties
- Identify warning signs requiring medical consultation
- Implement practical strategies to support your loved one while protecting your own mental health
- Access appropriate support resources and organize care relays before exhaustion

General information

Duration	2 hours
Target audience	Families, spouses, children, and close caregivers of people with Parkinson's disease experiencing cognitive or emotional changes
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion

Lesson 1 - Lesson 1 - What cognitive functions are affected and why

- The slowing of thought (bradyphrenia): distinct from dementia, often reversible
- Attention and concentration disorders: fluctuating according to ON/OFF phases
- Difficulties in planning and organization: why your loved one no longer initiates anything
- Memory in Parkinson's: what is affected, what is preserved for a long time

Lesson 2 - Lesson 2 - Parkinson's dementia — understanding without catastrophizing

- Frequency: about 30% of people develop dementia after several years
- Difference between mild cognitive impairment and actual Parkinson's dementia
- Signs that should lead to a neurological consultation
- What the diagnosis of dementia changes — and what it does not change in the relationship

Lesson 3 - Lesson 3 - Hallucinations in Parkinson's

- Why hallucinations occur: medications and brain damage
- Benign visual hallucinations: your loved one sees people or animals that do not exist
- How to react: do not engage in the delusion, do not abruptly deny
- When hallucinations become a warning sign to report to the doctor

Lesson 4 - Lesson 4 - Adapting daily life to cognitive disorders

- Simplify the environment and routines to compensate for organizational difficulties
- Give one instruction at a time, allow time, do not prompt before the response
- Visual memory aids: lists, charts, adapted calendars
- Stimulate without putting at fault: kindness as a basic principle

Lesson 1 - Lesson 1 - Depression in Parkinson's — common and undertreated

- Frequency: affects 40 to 50% of people with Parkinson's
- Double origin: neurological (lack of dopamine) and reactive (in response to losses)
- Specific signs: sadness, loss of interest, slowing down, isolation, dark thoughts
- Why depression worsens all other symptoms and must be treated quickly

Lesson 2 - Lesson 2 - Apathy — when your loved one no longer wants to do anything

- Definition of apathy: loss of motivation and initiative of neurological origin
- Fundamental difference between apathy and laziness, depression, or unwillingness
- What you can do: gentle stimulation, routines, low-effort activities
- What worsens apathy: insisting, blaming, comparing to before

Lesson 3 - Lesson 3 - Anxiety and behavioral disorders

- Parkinsonian anxiety: often related to OFF phases and fear of freezing
- Impulsive behaviors related to treatments: compulsive shopping, gambling, hypersexuality
- How to address these delicate topics with your loved one and with the doctor
- Emotional lability: uncontrolled crying or laughter, how to react without awkwardness

Lesson 4 - Lesson 4 - Maintaining the emotional relationship despite the disorders

- The person you love is still there despite emotional disturbances
- Find the preserved channels of connection: music, humor, touch, memories
- Do not take the behaviors related to the illness personally
- When to consult a psychologist or psychiatrist: unmistakable signs

Lesson 1 - Lesson 1 - When the voice and speech change

- The voice that weakens (hypophonia): how to better hear your loved one
- The speech that accelerates or freezes: techniques for better understanding
- Not pretending to understand: the consequences on trust

- Alternative supports to gradually introduce when speech becomes difficult

Lesson 2 - Lesson 2 - Adapting one's way of communicating

- Create the conditions: calm, face-to-face, without distraction, sufficient time
- Never finish sentences: respect the effort and preserve communicative autonomy
- Validate what has been understood to avoid misunderstandings
- Non-verbal communication: eye contact, gestures, expressions — a wealth to be exploited

Lesson 3 - Lesson 3 - Managing Difficult Conversations

- Talking about illness with your loved one: how, when, with what words
- Addressing sensitive topics: the future, dependence, fears
- When your loved one denies their difficulties: understanding denial as protection
- Maintaining a space for ordinary conversation: not reducing exchanges to illness

Lesson 4 - Lesson 4 - Moments of connection despite the difficulties

- Music as a relational and therapeutic bridge in Parkinson's
- Adapted shared activities: what we can still do together
- Affective rituals to preserve: meals, walks, movies, moments of tenderness
- Silent presence: being there without always needing to talk

MODULE 4

Taking care of yourself

4 lessons

Lesson 1 - Lesson 1 - The impact of cognitive and emotional disorders on you

- Living with someone who changes: the identity destabilization of the caregiver
- The emotional fatigue of managing difficult behaviors on a daily basis
- The feeling of no longer being truly understood or loved in return
- Recognizing these difficulties without denying them: the first step to coping with them

Lesson 2 - Lesson 2 - Finding appropriate support

- Support groups for relatives of people with Parkinson's disease with cognitive disorders
- Individual psychological support: accessing it quickly without waiting for a crisis
- France Parkinson and its resources for families
- Professionals to consult: social worker, neuropsychologist, primary care physician

Lesson 3 - Lesson 3 - Organize the relays before being exhausted

- The specialized day care for Parkinson's: a precious respite for both of you
- Home care services for care and cognitive support
- Temporary accommodation: a guilt-free respite option
- Anticipating the evolution: preparing solutions before needing them urgently

Lesson 4 - Lesson 4 - Preserving your own mental health

- Your own signs of exhaustion: recognizing them before the breaking point
- The right to moments of joy even when your loved one is suffering
- Maintaining your own activities, relationships, and projects: this is not selfishness
- Building a strong support network: you cannot carry everything alone

Teaching methods

- Online self-paced training accessible 24/7
- Video lessons, practical exercises, and downloadable resources
- Interactive quizzes to assess understanding
- Certificate of completion issued at the end of training
- Access to a private forum to exchange with other families
- Optional live Q&A sessions with healthcare professionals