

FATIGUE AND COGNITIVE CHANGES IN MULTIPLE SCLEROSIS: WHAT FAMILIES CAN DO

A training program for families and caregivers of people with MS

Understanding invisible symptoms to better support your loved one

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

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Course description

Neurological fatigue and cognitive disorders are the two most common and least understood symptoms of multiple sclerosis. Invisible, unpredictable, and difficult to explain, they often lead to deep misunderstandings between the person with MS and their loved ones. This 2-hour training provides families with a nuanced understanding of these realities and concrete tools to adapt their support. You will learn to organize daily life around fatigue, facilitate communication despite cognitive changes, and preserve your own well-being as a caregiver.

Module summary

MODULE 1	Fatigue MS — going beyond preconceived notions	4 lessons
MODULE 2	Cognitive disorders in MS	4 lessons
MODULE 3	Life as a couple and socially with MS	4 lessons
MODULE 4	Take care of yourself	4 lessons

Learning objectives

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- Understand the specific mechanisms of MS fatigue and distinguish it from ordinary tiredness
- Recognize cognitive disorders in MS and adapt daily communication and support
- Organize home life and activities around unpredictable energy levels
- Maintain couple, family and social relationships despite invisible symptoms
- Implement gentle cognitive stimulation strategies adapted to MS
- Preserve your own well-being as a caregiver and access appropriate support resources

General information

Duration	2 hours
Target audience	Families, partners, and close relatives of people with multiple sclerosis
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Training organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - Why MS fatigue is unique

- Central fatigue vs peripheral fatigue: two completely different mechanisms
- Why sleeping is not enough to recover: the injured brain consumes more energy
- The daily energy window: variable, unpredictable, often shorter in the evening
- Factors that worsen MS fatigue: heat, infections, stress, intense mental effort

Lesson 2 - The Uhthoff phenomenon in daily life

- Definition: worsening of all symptoms by body or ambient heat
- What triggers Uhthoff at home: hot bath, cooking, summer heat, fever
- How to protect your loved one: ambient temperature, light clothing, cool drinks
- Distinguishing an Uhthoff episode from a real relapse: the simple criteria to know

Lesson 3 - Organizing Life Around Fatigue

- Observe and note your loved one's energy window: at what time of the day
- Plan important activities during the peak energy phase
- Reduce unnecessary energy expenditures: home organization, delegation of tasks
- Respect rest periods without establishing total sedentariness

Lesson 4 - Managing Bad Days Without Conflicts

- When your loved one cancels everything at the last minute: understanding without falling apart
- The tensions generated by unpredictable fatigue: how to defuse them
- Communicating about fatigue together: a code word, a signal, a way to express it
- Having a flexible life plan that absorbs bad days without canceling everything

Lesson 1 - What functions are affected in MS?

- The speed of information processing: cognitive slowing, not stupidity
- Working memory: holding several pieces of information in mind simultaneously
- Divided attention: doing two things at the same time becomes very difficult
- Executive functions: planning, organizing, initiating a task

Lesson 2 - What these disorders change in daily life

- Frequent forgetfulness: appointments, names, where things have been placed
- Slowness in responding: do not confuse with disinterest or depression
- Difficulty in organizing: starting and finishing a complex task
- The impact on work, social relationships, and self-esteem

Lesson 3 - Adapting communication and assistance

- One piece of information at a time: never stack instructions
- Allow time: count to 10 before prompting again
- Never correct or highlight omissions in front of others
- Practical memory aids to set up together: lists, applications, calendars

Lesson 4 - Supporting cognitive stimulation at home

- Conversation, lecture, board games: natural stimulation integrated into daily life
- Digital tools for cognitive stimulation adapted to MS (JOE)
- Doing together rather than leaving alone: the benefits of co-stimulation
- Adapting the difficulty according to the day's energy: flexible, pressure-free, rewarding

Lesson 1 - MS and the couple relationship

- The progressive inversion of roles: from partner to caregiver
- The loss of reciprocity: no longer being truly "two equals"
- The impact on intimacy and sexuality: a rarely addressed yet central topic

- How to maintain a couple's relationship beyond the role of caregiver

Lesson 2 - Social life with invisible MS

- The entourage that does not see the fatigue and cognitive difficulties and doubts
- How to explain MS to relatives, colleagues, friends
- Managing invitations and outings with the unpredictability of the disease
- Protecting your loved one from exhausting social situations without isolating them

Lesson 3 - Children in a family with a parent with MS

- How to explain MS to children according to their age
- Protecting children without excluding them: involving them at their level
- Avoiding children becoming little caregivers: preserving their childhood space
- Resources for families with children: associations, psychologists, books

Lesson 4 - Maintaining projects despite uncertainty

- How to plan when the future is unpredictable: flexibility and a systematic Plan B
- Tailored projects: accessible travel, adaptable activities, inclusive leisure
- The MS associations and their adapted activity programs
- Fully living in the present without denying the uncertainty of the future

MODULE 4

Take care of yourself

4 lessons

Lesson 1 - The impact of invisible MS on the caregiver

- The caregiver of a person with invisible symptoms is rarely understood by those around them
- The fatigue of having to constantly explain and defend the reality of the illness
- Uncertainty as a source of chronic stress: living under tension without being able to plan
- Recognizing your own exhaustion without waiting for the breaking point

Lesson 2 - Finding suitable support

- MS associations and their specific resources for caregivers
- Support groups for MS caregivers: what you can really find there
- Individual psychological support: accessing it quickly
- Online communities: forums, Facebook groups for MS caregivers

Lesson 3 - Preserve your own life

- Your activities, your relationships, your projects: protect them as vital spaces
- Do not make your loved one your only life project
- The right to joy and carefreeness even when your loved one is suffering
- Build your own identity beyond the role of caregiver

Lesson 4 - Anticipate with clarity

- Talking about the future with your loved one: advance directives, financial organization
- Anticipating the need for human assistance before an emergency arises
- The available resources: disability services, social worker, MS associations
- Making important decisions together while it's still possible

Teaching methods

- E-learning format accessible 24/7 from any device
- 16 video lessons with practical examples and testimonials
- Downloadable resources: checklists, communication tools, organizational templates
- Certificate of completion provided at the end of the training
- Access to an online community of MS caregivers for ongoing support