

MEMORY, ATTENTION, AND DAILY LIFE AFTER A TRAUMATIC BRAIN INJURY: PRACTICAL TOOLS FOR FAMILIES

Training for families and caregivers of individuals with persistent cognitive disorders following a traumatic brain injury

Understand, adapt, and support cognitive recovery at home with concrete and compassionate tools

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and caregivers of TBI survivors
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

This 2-hour training is designed for families and close ones of individuals who have suffered a traumatic brain injury and present persistent cognitive disorders. Frequent forgetfulness, organizational difficulties, slowness, and inability to multitask are invisible sequelae that deeply complicate daily life. This training provides families with concrete and accessible tools to adapt home life, implement effective compensations, and support cognitive stimulation without pressure or discouragement. You will learn to understand cognitive challenges, use practical compensatory strategies, and take care of yourself as a caregiver.

Module summary

MODULE 1	Understanding post-TBI cognitive disorders	4 lessons
MODULE 2	Compensatory tools at home	4 lessons
MODULE 3	Stimulate without exhausting	4 lessons
MODULE 4	Take care of yourself	4 lessons

Learning objectives

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- Understand the cognitive functions affected after a TBI and their impact on daily life
- Implement concrete compensatory tools: agendas, checklists, digital aids, environmental adaptations
- Support effective cognitive stimulation at home without creating frustration or exhaustion
- Recognize caregiver exhaustion and access appropriate support resources
- Adjust expectations realistically and anticipate long-term needs with clarity

General information

Duration	2 hours
Target audience	Families, caregivers, and close ones of individuals with persistent cognitive disorders following a traumatic brain injury
Prerequisites	None
Price	On request - VAT not applicable (article 261-4-4° of the French General Tax Code)
Certification	Qualiopi - Certificate of completion
Organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - What cognitive functions are affected and how

- Attention: selective, sustained, divided — all can be affected
- Memory: episodic, prospective, working — impacts on daily life
- Executive functions: planning, organizing, initiating, inhibiting
- Processing speed: everything takes longer, not due to lack of will

Lesson 2 - What these disorders change in daily life

- Forgetting appointments, losing belongings, losing track of conversations
- Inability to cook a complete meal without help
- Getting lost in simple tasks, never finishing them
- Impact on self-esteem: shame, frustration, gradual withdrawal

Lesson 3 - Cognitive fatigue — the amplifier of all disorders

- Why fatigue worsens all cognitive disorders post-TBI
- The daily energy window: organizing important activities during peak performance
- Signs of cognitive fatigue to recognize in your loved one
- Respecting fatigue without creating total sedentariness

Lesson 4 - The evolution of cognitive disorders over time

- The first two years: the most significant recovery period
- What can improve with rehabilitation and stimulation
- Long-term consequences that may persist
- Adjusting expectations over time without giving up on progress

Lesson 1 - The agenda and the memory notebook

- Why the agenda is the number 1 tool after a TBI: not optional, essential
- Choose the right format: paper or digital according to preferences
- How to really use it: systematically note down, consult regularly
- Your role: support the use without doing it for them

Lesson 2 - Checklists and visual routines

- Checklists for complex tasks: dressing, meal preparation, outings
- Display morning and evening routines visually
- Weekly planning charts: visualize the week
- Adapt and evolve these tools with your loved one

Lesson 3 - Digital compensation tools

- Reminder and alarm applications: how to configure them usefully
- Voice assistants (Siri, Google, Alexa) as practical memory aids
- Task management applications adapted to cognitive disorders
- Digital cognitive stimulation (JOE) as a home rehabilitation tool

Lesson 4 - Adapting the physical environment

- Everything in its place, always in the same spot: reduce memory load
- Label drawers, cupboards, storage spaces
- Reduce distractions: television, noise, simultaneous demands
- Simplify to free up cognitive resources for what is essential

Lesson 1 - Why cognitive stimulation is essential post-TBI

- Post-TBI brain plasticity: stimulating to promote recovery and maintain achievements
- The difference between stimulating and testing: one helps, the other discourages
- Integrating stimulation into everyday life without creating burdensome work sessions

- Supportive stimulation: always within the zone of progress without frustration

Lesson 2 - Cognitive stimulation activities adapted to abilities

- Card games, puzzles, crosswords: adjust difficulty to actual level
- Reading and audiobooks: maintain connection to language and culture
- Hands-on and creative activities: stimulate without using language
- Meaningful activities: connection with identity and pre-TBI passions

Lesson 3 - Using JOE and digital stimulation tools

- Applications for cognitive stimulation adapted to post-TBI profile (JOE)
- How to choose exercises according to functions to be worked on
- Establish a digital stimulation routine: frequency, duration, setting
- Do it together rather than leaving alone in front of the screen

Lesson 4 - What not to do

- Testing your loved one's memory to "see if they are making progress": counterproductive
- Correcting every forgetfulness or mistake: exhausting for both
- Comparing performance from one session to another with anxiety
- Giving up stimulation because your loved one resisted once

MODULE 4

Take care of yourself

4 lessons

Lesson 1 - Cognitive impairment-related exhaustion

- Repeating the same information ten times a day: real and underestimated exhaustion
- The frustration of seeing such slow progress
- The loneliness of facing an invisible condition others don't understand
- Recognizing your own cognitive and emotional exhaustion

Lesson 2 - Adjust your expectations

- Cognitive recovery after TBI takes time: months, sometimes years
- Set realistic and progressive goals with the rehabilitation team
- Value small progress rather than focusing on what is still lacking
- Live with uncertainty about final recovery without exhausting yourself

Lesson 3 - Finding support

- Support groups for caregivers of individuals with cognitive disabilities
- Psychological support: for you, not just for your loved one
- Brain injury associations and their resources for families
- Resource professionals: neuropsychologist, social worker, primary care physician

Lesson 4 - Anticipate with clarity

- Regularly reassess needs with the rehabilitation team
- Anticipate the need for human assistance if cognitive disorders persist
- Available services: specialized home care and support programs
- Make important decisions by involving your loved one as much as possible

Teaching methods

- Online training accessible 24/7 from any device
- Video lessons, practical exercises, downloadable resources
- Certificate of completion provided at the end of training
- Personalized support available upon request