

MULTIPLE SCLEROSIS AND DAILY LIFE: MAINTAINING INDEPENDENCE AND PREVENTING COMPLICATIONS

Training for families and relatives of people with Multiple Sclerosis

Supporting without replacing: concrete tools to maintain your loved one's autonomy

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

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Course description

This training is designed for families and relatives of a person with Multiple Sclerosis who has motor disorders and difficulties with autonomy. You will learn how to help without doing it for them, how to prevent falls without turning the home into a prison, and how to support recovery after a relapse without exhausting either your loved one or yourself. The program provides concrete tools to adapt the home, assist with daily activities, and maintain autonomy for as long as possible. You will also discover how to take care of yourself while supporting your loved one effectively.

Module summary

MODULE 1	Understanding the motor disorders of MS	4 lessons
MODULE 2	Adapting the home and preventing falls	4 lessons
MODULE 3	Accompanying without doing it for them	4 lessons
MODULE 4	Taking care of yourself	4 lessons

Learning objectives

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- Understand the motor, balance, and sphincter disorders specific to Multiple Sclerosis
- Adapt the home to prevent falls and maintain safety
- Master practical techniques to help your loved one without replacing them
- Coordinate effectively with rehabilitation professionals
- Organize respite care and preserve your own health as a caregiver

General information

Duration	2 hours
Target audience	Families and relatives of people with Multiple Sclerosis experiencing motor disorders and autonomy difficulties
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of CGI)
Certification	Qualiopi - Certificate of completion
Training provider	DYNSEO - Activity registration number: 11757351875

Lesson 1 - Lesson 1 - Spasticity — understanding to no longer be afraid

- Definition of spasticity: muscle stiffness and spasms of neurological origin
- How spasticity manifests: rigidity, nighttime spasms, pain
- What exacerbates spasticity: infections, constipation, stress, heat
- What you can do: gentle stretching, positioning, report exacerbations

Lesson 2 - Lesson 2 - Balance and coordination disorders

- Cerebellar ataxia: imprecise movements, unstable gait, risk of falls
- Why your loved one stumbles on flat ground: disrupted nerve signals
- Distinguishing poor coordination from an imminent fall
- How to walk safely alongside your loved one: the right position and gestures

Lesson 3 - Lesson 3 - Muscle weakness and motor fatigue

- The limb that gives way during effort: not refusal or laziness
- Motor fatigue: localized, progressive throughout the day
- When to suggest the wheelchair: a tool for freedom, not capitulation
- Adapting activities to motor fatigue: short durations, breaks, respected pace

Lesson 4 - Lesson 4 - Bladder and sphincter disorders — a difficult topic to address

- Urinary urgency and incontinence: common, source of shame and isolation
- What you can do at home: organization, protection, quick toilet access
- Addressing the topic without exacerbating shame
- When to consult: urologist, specialized nurse

Lesson 1 - Lesson 1 - Assessing Risks in the Home

- Risk areas in each room: bathroom, stairs, kitchen, hallways
- The home occupational therapy assessment: how to request it
- Priority adjustments according to specific symptoms
- Financial assistance for adaptation work: ANAH, pension funds, MDPH

Lesson 2 - Lesson 2 - Concrete adjustments room by room

- Bathroom: shower seat, grab bars, non-slip mats, adapted faucets
- Bedroom: adjustable bed, clear pathway, night lighting, call bell
- Kitchen: height organization, adapted utensils, reduced movements
- Circulation areas: remove rugs, thresholds, obstacles

Lesson 3 - Lesson 3 - Technical aids — choosing them well and using them properly

- Canes, walkers, wheelchairs: when, which ones, how to choose
- Ankle orthoses: wearing, maintenance, expected benefits
- Assistive devices for dressing, eating, washing: practical catalog
- Where to find these aids: pharmacies, providers, loan associations

Lesson 4 - Lesson 4 - Preventing Falls and Managing Post-Fall Situations

- High-risk fall situations: fatigue, heat, uneven surfaces, darkness
- Prevention reflexes without turning the home into a bunker
- How to help your loved one get up from the floor safely
- Psychological impact of falling: fear, withdrawal — how to address it

Lesson 1 - Lesson 1 - The fundamental principle of autonomy stimulation

- Why helping too quickly accelerates loss of autonomy
- Stimulating autonomy as a therapeutic act: allowing to do even if slow
- Finding the right level of assistance according to the day and task

- Valuing every action done alone: self-esteem as a driver

Lesson 2 - Lesson 2 - Everyday gestures — practical techniques

- Clothing: techniques adapted to spasticity and weakness, adapted clothes
- Meals: adapted utensils, positioning, managing fatigue
- Hygiene: adapt without removing intimacy, respect rhythm
- Mobility: assist without carrying, guide without directing, secure without monitoring

Lesson 3 - Lesson 3 - Coordinate with the rehabilitation professionals

- The MS physiotherapist: objectives and how to support their work
- The occupational therapist: recommendations to apply at home
- The speech therapist: swallowing or communication disorders support
- Never invent exercises without therapist's agreement: real risks

Lesson 4 - Lesson 4 - Maintaining physical and cognitive stimulation

- Adapted physical activity for MS: walking, swimming, cycling, adapted yoga
- Proven benefits of exercise on MS symptoms: accessible data
- Cognitive stimulation in daily life: conversation, games, digital tools (JOE)
- Doing together: shared benefits of a common adapted activity

MODULE 4

Taking care of yourself

4 lessons

Lesson 1 - Lesson 1 - The physical exhaustion of the caregiver with MS

- Assisting with transfers and care: real and daily physical effort
- Risks to your own back and joints: essential prevention
- Learning safe handling techniques: your back is important too
- When physical assistance exceeds your capabilities: professionals can help

Lesson 2 - Lesson 2 - Organizing human support systems

- Specialized home care services for neurological conditions
- Day care for MS: respite for you, tailored program for your loved one
- Care assistants: how to choose, finance, integrate them
- Delegate without guilt: you'll be a better caregiver if rested

Lesson 3 - Lesson 3 - Your rights as a caregiver

- Caregiver leave and daily allowance for caregivers (AJPA)
- Assistance to finance home services: PCH, MDPH, mutual insurance
- Training for caregivers: training to better support and cope
- MS France resources: listening number, practical guides

Lesson 4 - Lesson 4 - Taking care of your health

- Your own medical follow-up: don't cancel your appointments
- Your own physical activity: essential for lasting endurance
- Psychological support for you: access it without waiting for crisis
- Building a strong support network: you cannot bear everything alone

Teaching methods

- Online training accessible 24/7
- Videos, interactive exercises, practical resources
- Progress at your own pace
- Certificate of completion provided
- Accessible on computer, tablet, and smartphone