

# RETURNING HOME AFTER A STROKE: PREPARING FOR A SUCCESSFUL TRANSITION

**Training for families preparing for or experiencing the return home of a loved one after a stroke**

Turn the return home into a safe and serene moment for your loved one and yourself

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|---|---|
| <b>Duration</b> : 2 hours                 | <b>Modules</b> : 4 modules                                    |
| <b>Lessons</b> : 16 lessons               | <b>Audience</b> : Families and caregivers of stroke survivors |
| <b>Format</b> : 100% online, asynchronous | <b>Provider</b> : N° 11757351875                              |
| <b>Certification</b> : Qualiopi           | <b>Price</b> : On request                                     |

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## Course description

This 2-hour training is designed for families who are preparing for or experiencing the return home of a loved one after a stroke. The return home is often felt as a relief — but also as a moment of great vulnerability. Without preparation, the first weeks at home can be exhausting, disorganized, and dangerous. This training helps families to anticipate, organize the home, set up necessary assistance, and manage the first weeks with serenity so that this return is a success for your loved one and for you.

## Module summary

|                 |   |           |
|-----------------|---|-----------|
| <b>MODULE 1</b> | Preparing for discharge from the hospital | 4 lessons |
| <b>MODULE 2</b> | Adapting the home                         | 4 lessons |
| <b>MODULE 3</b> | The first weeks at home                   | 4 lessons |
| <b>MODULE 4</b> | Sustaining over time                      | 4 lessons |

## Learning objectives

### Learning objectives

- Prepare the discharge from the hospital with the medical team and understand essential medical documents
- Assess the actual needs of your loved one and organize appropriate human assistance
- Adapt the home for safety and comfort according to specific aftereffects
- Manage the first weeks at home with practical routines and appropriate medical follow-up
- Prevent caregiver burnout and access long-term support resources
- Envision the future with clarity, hope, and realistic recovery expectations

## General information

|                        |   |
|------------------------|---|
| <b>Duration</b>        | 2 hours   |
| <b>Target audience</b> | Families and caregivers of stroke survivors preparing for or experiencing return home |
| <b>Prerequisites</b>   | None  |
| <b>Price</b>           | Upon request - VAT not applicable (article 261-4-4° of the French General Tax Code)   |
| <b>Certification</b>   | Qualiopi - Certificate of completion provided   |
| <b>Organization</b>    | DYNSEO - Registration number: 11757351875   |

**Lesson 1 - What to do before discharge — the essential planning**

- Request a discharge meeting with the care team and know what to take from it
- Obtain and understand the hospitalization report
- Check that prescriptions, physiotherapy, and speech therapy orders are ready
- Organize adapted transport for the return home according to your loved one's aftereffects

**Lesson 2 - Assessing actual needs at home**

- Request a home occupational therapy assessment and identify who can provide it
- Honestly list what your loved one can and cannot do alone yet
- Assess your own ability to provide support alone
- Anticipate risky situations: nights, weekends, and your absence

**Lesson 3 - Human assistance to be arranged before the return**

- Choose, finance, and organize home care services
- Understand the role of care assistants and financing options through APA or PCH
- Arrange for a home nurse for technical care with proper prescription
- Access assistance from CARSAT, MDPH, and pension funds quickly

**Lesson 4 - Administrative procedures to anticipate**

- Apply for APA (Personalized Autonomy Allowance): eligibility and process
- Submit MDPH request for PCH if your relative is of working age
- Understand caregiver work stoppage and caregiver leave rights
- Identify local associations that can assist with these procedures

**Lesson 1 - Priority arrangements for safety**

- Install bathroom essentials: grab bars, shower seat, non-slip mats
- Secure stairs with handrails, lighting, and identify alternatives if dangerous
- Adapt the bedroom: accessible bed, clear pathways, reachable objects, call bell
- Remove floor hazards: rugs, thresholds, and movement obstacles

**Lesson 2 - Adapting the space according to specific sequelae**

- Adjust layout for left or right hemiplegia according to the affected side
- Address visual impairments and hemispatial neglect with signage, contrasts, and object positioning
- Support cognitive impairments: simplify spaces, use labels, create visual routines
- Combat fatigue by creating accessible rest areas in each frequently used room

**Lesson 3 - Useful assistive devices for daily life**

- Dressing aids: sock aid, button hook, adaptive clothing
- Eating aids: adaptive utensils, rimmed plates, weighted glasses
- Mobility aids: walker, wheelchair, cane — how to choose appropriately
- Find these aids at pharmacies, medical suppliers, and lending associations

**Lesson 4 - Funding home adaptations**

- Access ANAH assistance for housing adaptation works
- Explore pension fund and mutual insurance little-known aids
- Claim tax credits for accessibility equipment
- Have an occupational therapist assess necessary work before spending

**Lesson 1 - The first 48 hours — managing the shock of returning**

- Recognize that returning home can destabilize: disorientation, emotion, fatigue
- Identify what is normal: intense fatigue, anxiety, withdrawal in the first days
- Know warning signs: fever, unusual confusion, stroke signs (FAST protocol)

- Organize support for these first days: do not do everything alone

### Lesson 2 - Organizing care and medical appointments

- Create and maintain a medical follow-up booklet
- Schedule essential appointments: neurologist, general practitioner, rehabilitation specialists
- Coordinate home care providers: physiotherapist, speech therapist, nurse, care assistant
- Avoid saturation by gradually spreading out interventions in the first days

### Lesson 3 - Establishing new routines

- Understand why routines are therapeutic after stroke: reference points, safety, cognitive economy
- Build a daily schedule together adapted to current abilities
- Integrate care, stimulation, and rest into a coherent rhythm
- Adjust routines gradually without making them rigid

### Lesson 4 - Managing initial outings and social reintegration

- Prepare and secure the first outing from home without rushing
- Organize visits from loved ones to avoid exhaustion
- Resume social activities gradually with appropriate pace and precautions
- Slow down your loved one when they want to go too fast without causing frustration

## MODULE 4

## Sustaining over time

4 lessons

### Lesson 1 - What changes in the weeks and months that follow

- Understand post-stroke recovery pace, duration, and realistic expectations
- Navigate recovery stages and apparent relapses without panicking
- Regularly reassess assistance needs as what was necessary initially may evolve
- Adjust human and technical aids as recovery progresses

### Lesson 2 - Preventing your own burnout

- Recognize early warning signals that you are approaching your limits
- Organize your own recovery time from the beginning, not when exhausted
- Plan respite: day care, adapted holidays, family relief
- Remember that asking for help is an act of care for your loved one, not abandonment

### Lesson 3 - Resources for sustainability

- Access France AVC and local associations: services, support groups
- Use platforms for caregivers: helplines, forums, online resources
- Engage your primary care physician as coordinator for yourself as well
- Pursue caregiver training to better support and cope

### Lesson 4 - Envisioning the future with clarity and hope

- Learn what science says about long-term recovery after stroke
- Identify criteria for considering adapted housing solutions calmly
- Explore possible projects despite aftereffects: adapted travel, new activities, associations
- Draw inspiration from testimonials of families who rebuilt rich and fulfilling lives after stroke

## Teaching methods

- Online training accessible 24/7 on computer, tablet, or smartphone
- Self-paced learning with practical tools and downloadable resources
- Expert-validated content based on medical best practices and caregiver experiences
- Certificate of completion provided at the end of training
- Possibility of personalized support upon request