

STROKE AND APHASIA: NEW WAYS TO COMMUNICATE WITH YOUR LOVED ONE

Training for families and caregivers of people with aphasia after stroke

Rebuild connection and understanding despite language disorders

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and caregivers of stroke survivors with aphasia
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 close ones of a person who has suffered a stroke and presents language disorders such as aphasia or dysarthria. Aphasia is one of the most destabilizing aftereffects: the person can no longer find their words, no longer speaks, or says incoherent things. This is not a memory or comprehension issue, but a specific language disorder requiring adapted communication strategies. Through concrete tools and practical approaches, this training helps families continue exchanging, understanding each other, and maintaining the emotional bond despite the communication challenges.

Module summary

MODULE 1	Understanding Aphasia	4 lessons
MODULE 2	Adapting one's way of communicating	4 lessons
MODULE 3	Daily Life with a Person with Aphasia	4 lessons
MODULE 4	You, as a relative	4 lessons

Learning objectives

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- Understand what aphasia is and how it affects your loved one's daily experience
- Master fundamental rules of adapted communication with a person with aphasia
- Learn to use alternative communication supports: gestures, images, digital tools
- Maintain meaningful conversations and emotional connections despite language barriers
- Involve your loved one in daily decisions and preserve their autonomy
- Recognize and address your own emotional needs as a caregiver
- Build support networks and prevent isolation for both you and your loved one

General information

Duration	2 hours
Target audience	Families, caregivers, and close ones of people with aphasia following a stroke
Prerequisites	None
Price	On quote - VAT not applicable (article 261-4-4° of CGI)
Certification	Qualiopi - End-of-training certificate
Training organization	DYNSEO - Activity registration number: 11757351875

Lesson 1 - Lesson 1 - What exactly is aphasia?

- Simple definition: a language disorder caused by brain injury
- What aphasia is not: not dementia, deafness, or intellectual impairment
- The different forms: Broca's, Wernicke's, and global aphasia
- Why some words return while others completely disappear

Lesson 2 - Lesson 2 - What your loved one is experiencing with aphasia

- The frustration of understanding without being able to respond
- Shame and social avoidance: why your loved one withdraws
- Emotions remain intact even when words are absent
- What your loved one feels when someone speaks for them or ignores them

Lesson 3 - Lesson 3 - Dysarthria — when words are unclear

- Difference between aphasia and dysarthria: language intact, speech altered
- Why articulation, volume, or pace becomes difficult
- Strategies to better understand difficult speech
- The consequences of pretending to understand on the relationship

Lesson 4 - Lesson 4 - The possible evolution of aphasia

- Language recovery: what is possible and what takes time
- The role of daily stimulation in language improvement
- What speech therapists do and how you can support their work
- Accepting different communication without waiting for a return to normal

Lesson 1 - Lesson 1 - The fundamental rules of adapted communication

- Speak slowly, clearly, with short and simple sentences
- One piece of information at a time: avoid overload
- Allow time: do not finish sentences for your loved one
- Maintain eye contact and use facial expressions

Lesson 2 - Lesson 2 - Alternative supports for communication

- Natural gestures: showing, miming, pointing
- Images and pictograms: creating and using them simply
- Communication boards for everyday needs
- Digital communication aid applications like MY DICTIONARY

Lesson 3 - Lesson 3 - The most common mistakes made by families

- Speaking too quickly or loudly as if the person were deaf
- Asking closed questions without allowing time to respond
- Excluding the person by speaking about them in third person
- Systematically correcting errors and discouraging attempts

Lesson 4 - Lesson 4 - Maintaining conversations despite difficulties

- How to initiate conversation when your loved one no longer takes initiative
- Talk about familiar subjects that evoke positive emotions
- Validate what you understood without claiming to grasp everything
- Why conversation is care: continue talking even without response

Lesson 1 - Lesson 1 - The most difficult moments of daily life

- Meals: communicating about dietary preferences
- Care: how to explain and obtain consent
- Outings and visits: preparing your loved one and others

- Nighttime: communicating about pain when words are lacking

Lesson 2 - Lesson 2 - Include your loved one in the decisions

- Why exclusion from decisions worsens depression and withdrawal
- Techniques to gather choices: yes/no, images, gestures
- Everyday decisions: meals, activities, visits — letting them lead
- Important decisions: involving your loved one despite difficulties

Lesson 3 - Lesson 3 - Managing the gaze of others

- Clumsy reactions from others, shopkeepers, caregivers
- How to explain aphasia simply to someone unfamiliar
- Protect your loved one without overprotecting them in public
- Associations and support groups for families of people with aphasia

Lesson 4 - Lesson 4 - Taking care of the emotional relationship

- Love and friendship are not conveyed only through words
- Preserved channels: gaze, touch, music, humor
- Finding new rituals of complicity adapted to the disorder
- Not letting aphasia take over: keeping moments of ordinary life

MODULE 4

You, as a relative

4 lessons

Lesson 1 - Lesson 1 - What you are experiencing, you too

- The mourning of previous communication: a real loss
- The loneliness of facing someone who can no longer dialogue
- Guilt when losing patience or feeling reluctant to communicate
- Recognizing communication exhaustion: it is normal, not shameful

Lesson 2 - Lesson 2 - Finding support and resources

- Associations dedicated to aphasia: France AVC and local groups
- Support groups for families: why attend even if you are managing
- Psychological support for caregivers: accessing it without guilt
- Professionals who can help: speech therapist, social worker, psychologist

Lesson 3 - Lesson 3 - Organizing support networks and preventing isolation

- Why you cannot be the only point of contact
- Involving other family members in communication
- Care assistants trained in adapted communication
- Collective activities for people with aphasia: breaking isolation

Lesson 4 - Lesson 4 - Keep hope without making false promises

- What science says about language recovery after stroke
- Testimonials from families who found new modes of communication
- Accepting a new normal without giving up on progress
- Celebrating small victories: every word regained is a victory

Teaching methods

- Interactive online training accessible 24/7
- Practical exercises and real-life scenarios
- Downloadable resources: communication boards, pictograms, guides
- Case studies and family testimonials
- End-of-training assessment and certificate of completion