

# STROKE: UNDERSTANDING THE DISEASE AND FINDING SOLUTIONS FOR EVERYDAY LIFE

## UNDERSTAND STROKE, ACT FAST, SUPPORT RECOVERY

Practical guidelines for safety, rehabilitation, and daily living

Tools to stimulate cognition and maintain social ties

<b>Duration</b> : 4 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 10 lessons	<b>Audience</b> : Stroke survivors, caregivers, family members, healthcare professionals
<b>Format</b> : 100% online, asynchronous	<b>Provider</b> : N° 11757351875
<b>Certification</b> : Qualiopi	<b>Price</b> : On request

[www.dynseo.com/nos-formations](http://www.dynseo.com/nos-formations) | [contact@dynseo.com](mailto:contact@dynseo.com) | 09 66 93 84 22

### Course description

This training course gives you simple guidelines for understanding stroke (ischemic or hemorrhagic), its causes and after-effects, recognizing warning signs and taking immediate action. You'll find practical tips on how to organize your day-to-day life, and tools to stimulate recovery, safety and serenity at home. A 100% practical course to take action now: you'll leave with a clear plan, effective routines and concrete tools to secure, stimulate and strengthen the bond on a daily basis - for the benefit of the person concerned and the whole family.

### Module summary

<b>MODULE 1</b>	Understanding Stroke	3 lessons
<b>MODULE 2</b>	Daily Rehabilitation	3 lessons
<b>MODULE 3</b>	The Role of the Surrounding Environment	3 lessons
<b>MODULE 4</b>	DYNSEO to support a person after a stroke	1 lesson

### Learning objectives

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- Differentiate between types of stroke (ischemic vs. hemorrhagic), risk factors and prevention levers
- Identify warning signs (Face-Arm-Speech rule / VBP, other signs, TIA) and call emergency services immediately
- Identify common sequelae: motor skills (hemiplegia), language (aphasia), cognition/memory, vision, sensitivity, mood
- Secure the home: grab bars, non-slip mats, lighting, clear corridors, accessible objects
- Structure daily rehabilitation: simple, regular exercises (motor skills, coordination, balance, walking) with gentle progression
- Stimulate cognition and language: memory games, reading, music, simple words and visual/digital aids
- Organize your day: split tasks, alternate effort and rest, prioritize and delegate
- Maintain a social life: short, regular outings, patient associations/groups, combating isolation
- Communicate positively & support the caregiver: short messages, gestures and looks, encouragement; recognize emotions and preserve time for yourself
- Tool support with DYNSEO - JOE (30+ games for memory, attention, logic) and monitor progress to adjust

### General information

<b>Duration</b>	4 hours
<b>Target audience</b>	Stroke survivors, caregivers, family members, healthcare professionals
<b>Prerequisites</b>	None

<b>Price</b>	On quote - VAT not applicable (article 261-4-4° of the French General Tax Code)
<b>Certification</b>	Qualiopi - Certificate of completion
<b>Training provider</b>	DYNSEO - Registration number: 11757351875

**Lesson 1 - Lesson 1 - What is a stroke and its causes**

- Brain uses 20% of oxygen, every minute without O<sub>2</sub> = thousands of neurons die ("time is brain")
- Ischemic stroke (4/5): clot blocks artery / Hemorrhagic stroke (1/5): artery rupture (more severe)
- Modifiable risk factors: hypertension, smoking, high cholesterol, diabetes, sedentary lifestyle, overweight, excess alcohol
- Non-modifiable factors: advanced age, family history, prior stroke/TIA, heart diseases
- Prevention: control blood pressure, balanced diet, 30 min activity/day, quit smoking, manage stress

**Lesson 2 - Lesson 2 - Common Sequelae: Motor Skills, Language, Memory**

- Motor sequelae (60-70%): hemiplegia/hemiparesis, arm/leg/balance difficulties, neuroplasticity allows partial recovery
- Aphasia (30-40%): language comprehension/production disorder, intelligence preserved, often understands more than can express
- Cognitive sequelae (25-50%): recent memory affected, long-term memory preserved, rapid mental fatigue, planning difficulties
- Other sequelae: visual/sensory disorders, swallowing difficulty (aspiration risk), depression (30-50%), disproportionate fatigue
- Absolute variability: each stroke unique, partially recoverable via neuroplasticity, early intensive rehabilitation essential

**Lesson 3 - Lesson 3 - The First Signs and the Urgency to Act**

- FAST Rule: Face asymmetric (crooked smile, drooping side) / Arm weak (doesn't lift/drops) / Speech difficulty (slurred, can't find words) / Time to call emergency
- Other signs: sudden vision loss, sudden leg weakness, dizziness, severe sudden headache, loss of coordination, difficulty swallowing
- Absolute urgency: 4.5-hour window for thrombolysis, before 1h = 40% good recovery, 1-3h = 30%, 3-4.5h = 15%
- Differentiate: hypoglycemia (improves with sugar) / TIA = identical to stroke but <24h (EMERGENCY too = 25% have stroke next year)
- Immediate actions: call emergency services, note time of onset, keep person still + safe, no eating/drinking

**Lesson 1 - Lesson 1 - Simple Exercises and Cognitive Stimulation**

- Principles: complement never replacement, regularity > intensity (5 min/day > 30 min/week), safety, pleasure, gradual progression
- Motor rehabilitation: mobility (slow joint movements), arm/leg motor skills, coordination, regular walking (short)
- Memory/attention stimulation: read word list (3-5) + repeat, matching game, find differences, locate word in text
- Language stimulation: comprehension (read + answer questions), production (name objects, describe), singing (very effective)
- Organization: 30-45 min (5-10 warm-up + 10-15 motor + 10-15 cognitive + 5 rest), 3-5x/week, morning best

**Lesson 2 - Lesson 2 - Housing Arrangement and Routine**

- Safety everywhere: bright lighting, clear floors, bathroom (non-slip mat, support bars, shower chair), stairs (handrails, lit steps)
- Accessibility: items within reach, shelves between shoulders/knees, assistive devices (cane, walker, electric opener, thick utensils)
- Room arrangement: bedroom (appropriate bed height, side bars, nightlight) / living room (firm armchair, clear paths) / kitchen (ergonomic tools)
- Routine: regular times (wake 7-8am, breakfast, toileting, rehab, meals, nap 2-3pm, bed 9-10pm), alternation (morning motor effort / afternoon cognitive rest)
- Assistive tech: mobility (cane, walker, wheelchair), transfers (bars, lift, transfer board), hygiene (shower chair, elevated toilet, gloves)

**Lesson 3 - Lesson 3 - Encouraging the Return to Social Life**

- Importance: combats isolation/depression (30-50% if isolated), maintains self-esteem and identity, cognitive/emotional stimulus
- Obstacles/solutions: fear misunderstood (explain stroke) / fear judgment (few judge, explanations reassure) / fatigue (30-45 min outings) / dependence (assistive tech)
- Progression: week 1-2 outings 15-30 min / week 3-4 outings 30-45 min / week 5-8+ longer outings
- Forms of socialization: family outings (meals, walks, culture) / clubs (stroke groups, adapted hobbies, arts) / sports (walking, swimming, water aerobics, yoga)
- Aphasia communication: inform people beforehand (reduces pressure) / allow response time (patience) / alternative strategies (gestures, drawings, writing, app)

**Lesson 1 - Lesson 1 - The Experiences of Loved Ones and Caregivers**

- Who is the caregiver: non-professional helps regularly (spouse, adult child, parent, sibling, friend), burden 5-10h to 50+h/week, often unplanned
- Positive emotions: love + relationship strengthened, intimate moments, gratitude received (smile, thank you), sense of important contribution, daily small victories

- Difficult emotions (normal): fear (loved one's health, stress transfer), fatigue (physical/emotional, 24h/24), guilt (patience, time for self), anger (disease/person/self)
- Other emotions: social/psychological isolation (no friends, misunderstanding, sole decision maker), grief (person "before", life "before", lost plans)
- Strategies: accept imperfection as possible, ask for help (strength), self-care (sleep/food/exercise/hobbies, 1-2h/week), support (family/pros/groups), share emotions

### Lesson 2 - Lesson 2 - Maintaining Quality of Life Together

- Concept: quality of life ≠ no disease, ability to enjoy moments DESPITE disease, meaningful relationships, relative independence, dignity, meaningful activities
- Small daily joys: shared meals (choice, nice presentation, time, conversation) / music (favorite songs, singing, dancing) / simple outings (walks, café, market)
- More joys: tender moments (holding hands, hugs, caresses, smiles) / laughter (funny movies, jokes, funny memories) / memories (photo albums, past vacations, old videos)
- Healthy activity: no performance needed = participation + movement, motor (short walks, adapted gardening, swimming, yoga) / cognitive (games, puzzles, reading, courses) / creative (art, knitting, music)
- Positive communication: gentle tone (not condescending), celebrate effort (not just results), non-verbal (smile, eye contact), active listening, explicit support, adapt environment

### Lesson 3 - Lesson 3 - Promoting Positive Communication

- Use clear, simple language and short sentences to facilitate understanding
- Allow time for the person to process and respond without rushing
- Use visual aids, gestures, and alternative communication methods when needed
- Maintain eye contact and show patience, empathy, and encouragement
- Celebrate small communication successes and validate the person's efforts

## MODULE 4

## DYNSEO to support a person after a stroke

1 lesson

### Lesson 1 - Lesson 1 - JOE, your brain coach

- DYNSEO: cognitive stimulation company since 2013, France + international, tablet/smartphone app, playful approach, mission to make rehab accessible
- JOE: DYNSEO cognitive stimulation app, "brain coach", 30+ games, designed for post-stroke, tablet (easy interface)
- Digital app advantages: accessible 24/7, progress tracked, adaptive, playful (game not chore), interactive, shareable for two people
- Game categories: language (odd one out, crosswords, vocabulary, comprehension) / memory (matching, memory, sequences) / attention (find differences, observe, spot)
- More categories: visuo-spatial (parking puzzle, jigsaw puzzles, maze, mental rotation) / logic + math (sudoku, operations, strategy)

## Teaching methods

- Self-paced online learning accessible 24/7
- Interactive video lessons with downloadable resources
- Practical exercises and real-life scenarios
- Access to DYNSEO cognitive stimulation tools
- Certificate of completion upon finishing the course