

UNDERSTANDING MULTIPLE SCLEROSIS: AN ESSENTIAL GUIDE FOR CAREGIVERS

A training program designed for families and loved ones of people living with MS

Supporting your loved one with knowledge, empathy, and practical tools

Duration : 2 hours	Modules : 4 modules
Lessons : 16 lessons	Audience : Families and loved ones of people with MS
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

Multiple sclerosis is a complex, unpredictable, and often invisible neurological disease that challenges both patients and their loved ones. The fluctuating symptoms, invisible fatigue, and uncertain progression create misunderstandings and emotional strain for families trying to provide support. This comprehensive 2-hour training provides caregivers with clear, honest insights into MS to better understand what their loved one experiences daily. You will learn to recognize symptoms, adapt your support, manage unpredictability, and take care of yourself while caring for someone with MS.

Module summary

MODULE 1	What MS Really Is	4 lessons
MODULE 2	Invisible symptoms — the daily reality of MS	4 lessons
MODULE 3	Living with MS on a daily basis	4 lessons
MODULE 4	You, as a relative	4 lessons

Learning objectives

Learning objectives

- Understand what multiple sclerosis is, how it affects the nervous system, and why symptoms vary so significantly
- Recognize invisible symptoms like MS fatigue, cognitive difficulties, and emotional changes that are often misunderstood
- Learn practical strategies to adapt daily life, manage unpredictability, and support your loved one effectively
- Identify resources and support systems to preserve your own well-being while caring for someone with MS

General information

Duration	2 hours
Target audience	Families and loved ones of people with multiple sclerosis
Prerequisites	None
Price	On quote – VAT not applicable (article 261-4-4° of the French Tax Code)
Certification	Qualiopi – Certificate of completion provided
Organization	DYNSEO – Activity registration number: 11757351875

Lesson 1 - Understanding MS without medical jargon

- How myelin damage in the brain and spinal cord causes MS symptoms
- Why symptoms vary dramatically from one person to another
- MS is a serious but not fatal disease — understanding the reality
- What science knows and doesn't yet know about causes and progression

Lesson 2 - Forms of MS — understanding the differences

- Relapsing-remitting MS: flare-ups followed by remissions, the most common form
- Progressive forms: continuous evolution with or without relapses
- Why diagnosis can take time and be experienced as relief or shock
- What your loved one's MS type means for their future

Lesson 3 - Flare-ups — recognizing and responding

- Definition: new symptoms lasting more than 24 hours
- Common triggers: heat, infection, stress, extreme fatigue
- How relapses manifest differently each time
- When and how to contact the neurologist during a suspected relapse

Lesson 4 - Background treatments — understanding to better support

- Disease-modifying treatments reduce relapse frequency but don't cure MS
- Administration methods: injections, infusions, tablets and their daily impact
- Common side effects and how to help your loved one manage them
- Why treatment adherence is crucial and how to support without being intrusive

Lesson 1 - Understanding MS Fatigue — Really Understanding It

- Central neurological fatigue: why rest alone doesn't help
- Uhthoff phenomenon: how heat temporarily worsens all symptoms
- Good and bad days are unpredictable and unrelated to willpower
- How to adjust expectations and organize around energy windows

Lesson 2 - Cognitive Disorders in MS

- Slowed thinking, memory issues, and concentration difficulties
- Why your loved one takes time to respond, forgets, or loses track
- These are neurological symptoms, not laziness or lack of interest
- Adapt communication: one piece of information at a time, allow processing time

Lesson 3 - Pain and sensory disorders

- Paresthesias: tingling, burning, numbness — common and invisible
- Neuropathic pain: intense and difficult to explain or treat
- Lhermitte's sign: electric shock sensation — impressive but not dangerous
- How to help: believe your loved one and adapt physical interactions

Lesson 4 - Emotional and psychiatric disorders

- Depression affects 50% of people with MS, both neurological and reactive
- Emotional lability: uncontrolled crying or laughter without apparent reason
- Constant anxiety due to disease unpredictability
- Providing the right emotional presence without minimizing or dramatizing

Lesson 1 - Adapting home life

- Priority adjustments based on symptoms: support bars, removing obstacles
- Managing heat: home temperature, clothing, summer activities
- Technical aids: walkers, wheelchairs, orthotics — choosing and financing

- Establishing stable routines that reduce daily cognitive load

Lesson 2 - Good and Bad Days — Adapting Without Exhaustion

- Accepting unpredictability without falling into anxious hypervigilance
- Planning flexibly while considering fluctuations without constant cancellations
- Communicating about daily condition without excessive questioning
- Having a flexible plan B for bad days without added pressure

Lesson 3 - Maintaining a social life and activities

- Why isolation worsens all MS symptoms
- Adapting outings: timing, transportation, advance planning
- Explaining invisible symptoms to others who don't understand
- MS associations: workshops, support groups, and adapted activities

Lesson 4 - MS and Professional Life

- Maintaining employment with MS: workplace adjustments and disability recognition
- Disability recognition process: how to apply and what rights it provides
- Medical leave and disability pension: understanding the steps
- Supporting your loved one through these processes without taking over

MODULE 4

You, as a relative

4 lessons

Lesson 1 - What you are experiencing, you too

- Constant uncertainty facing an unpredictable illness creates chronic stress
- The gradual mourning of shared plans and dreams for the future
- Frustration with invisible symptoms that others don't believe or understand
- The isolation of caring for someone with an illness "that cannot be seen"

Lesson 2 - Finding support

- MS associations: services, support groups, helplines for relatives
- Caregiver support groups: online and in-person options
- Individual psychological support: accessible resources for caregivers
- Don't face uncertainty alone: share with people who understand

Lesson 3 - Organizing the relays and anticipating

- Setting up home care services before reaching exhaustion
- Day care programs: respite for you, stimulation for your loved one
- Anticipating future needs: disability services and financial support
- Discussing the future while your loved one can fully participate in decisions

Lesson 4 - Taking care of the relationship despite the illness

- Remaining a loved one first, caregiver second: preserving the emotional bond
- Creating moments together that aren't about caregiving tasks
- Illness doesn't define your loved one: what remains intact and can still grow
- Finding meaning in supporting without losing yourself in the process

Teaching methods

- Online training accessible 24/7 from any device
- Self-paced learning with practical exercises and real-life scenarios
- Downloadable resources and checklists for daily use
- Certificate of completion provided at the end of training