

# UNDERSTANDING TRAUMATIC BRAIN INJURY: WHAT FAMILIES NEED TO KNOW

Training for families and loved ones of people with moderate to severe traumatic brain injury

Essential knowledge to understand, support, and navigate life after TBI

<b>Duration</b> : 2 hours	<b>Modules</b> : 4 modules
<b>Lessons</b> : 16 lessons	<b>Audience</b> : Families and caregivers of TBI 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

A traumatic brain injury disrupts an entire life in just seconds. Families often find themselves alone facing a complex medical reality, with invisible and misunderstood aftereffects, and a loved one who looks the same but behaves differently. This training provides families with essential foundations to understand what has happened, what can recover, and how to effectively support their loved one over time. Through four comprehensive modules, you'll gain practical knowledge about the brain injury itself, invisible cognitive and behavioral changes, daily living strategies, and self-care for caregivers.

## Module summary

<b>MODULE 1</b>	Understanding TBI and What Happens in the Brain	4 lessons
<b>MODULE 2</b>	Invisible Aftereffects — Understanding to Avoid Mistakes	4 lessons
<b>MODULE 3</b>	Living with a TBI Survivor on a Daily Basis	4 lessons
<b>MODULE 4</b>	Taking Care of Yourself	4 lessons

## Learning objectives

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- Understand what happens to the brain during traumatic injury and the recovery process
- Recognize and respond appropriately to invisible cognitive and behavioral aftereffects
- Implement practical strategies for daily life at home and support rehabilitation
- Access resources and support systems while maintaining your own well-being

## General information

<b>Duration</b>	2 hours
<b>Target Audience</b>	Families, spouses, partners, and close relatives of individuals who have experienced moderate to severe traumatic brain injury
<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 Organization</b>	DYNSEO - Activity registration number: 11757351875

**Lesson 1 - What is a traumatic brain injury**

- How the brain moves within the skull during impact
- Mild, moderate, and severe TBI categories and their implications
- Visible injuries (hematoma, contusion) vs. invisible injuries (diffuse axonal)
- Why similar TBIs can lead to very different outcomes

**Lesson 2 - The coma phase and awakening**

- What happens neurologically during coma
- Understanding the Glasgow scale without catastrophizing
- Phases of awakening and what is normal versus concerning
- Post-traumatic confusion: agitation and disorientation as normal transitions

**Lesson 3 - Rehabilitation — understanding the process**

- The physical medicine and rehabilitation center: roles and duration
- What is addressed: motor skills, cognition, language, and behavior
- Realistic timelines: months or even years of rehabilitation
- How families can support progress during rehabilitation

**Lesson 4 - Recovery — hopes and realism**

- Brain plasticity: partial and progressive recovery is possible
- The first two years as the period of maximum recovery
- Being honest about outcomes without destroying hope
- Factors that promote recovery: stimulation, motivation, and supportive environment

**Lesson 1 - Cognitive disorders after a TBI**

- Affected functions: memory, attention, processing speed, executive functions
- Why your loved one forgets, loses track, and takes time to respond
- Understanding it's neurological, not laziness or unwillingness
- Adapting communication: one piece of information at a time, allowing time, reducing pressure

**Lesson 2 - Behavioral and Personality Changes**

- Irritability, impulsivity, disinhibition: frontal lobe origins, not character
- Apathy is neurological, not laziness
- Understanding inappropriate social behaviors before reacting
- Accepting they're not quite the same person, yet still themselves

**Lesson 3 - Anosognosia — when your loved one does not see their difficulties**

- Definition: inability to perceive one's own deficits due to neurological damage
- Why they say 'I'm fine' and refuse help
- Distinguishing anosognosia from psychological denial
- Strategies for living with someone who doesn't recognize their difficulties

**Lesson 4 - Cognitive fatigue — the universal sequel**

- Post-TBI fatigue: omnipresent, unpredictable, worsened by mental effort
- Why simple activities exhaust your loved one so quickly
- Organizing daily life around energy windows
- Respecting fatigue while avoiding complete sedentariness

**Lesson 1 - Adapting life at home**

- Essential memory aids: agendas and how to implement them
- Simplifying the environment: reducing distractions, organizing space
- Using stable routines as cognitive compensation

- Digital aids: reminder apps, checklists, voice assistants

## Lesson 2 - Managing Difficult Behaviors in Daily Life

- Irritability outbursts: don't escalate, wait for it to pass
- Disinhibited behaviors: reframe firmly without humiliation
- Refusals and opposition: understand the cause before insisting
- Common mistakes families make and what actually works

## Lesson 3 - Supporting rehabilitation at home

- Integrating rehabilitation learning into daily life
- Don't do things for them: allow effort even when slow and imperfect
- Cognitive stimulation at home: JOE app, adapted games, meaningful activities
- Coordinating with the rehabilitation team on home practices

## Lesson 4 - Returning Home – Organizing and Succeeding

- Preparing the home: adaptations, technical aids, safety measures
- Setting up human assistance before urgent need arises
- Administrative procedures: MDPH, PCH, RQTH, caregiver leave
- What's normal in the first weeks and what should raise concern

## MODULE 4

## Taking Care of Yourself

4 lessons

### Lesson 1 - What you are going through, you too

- Family trauma in the face of the accident: an often unrecognized shock
- Grieving the person who was: mourning someone still alive
- Normal and legitimate emotions: guilt, anger, exhaustion
- Isolation when facing a condition few people understand

### Lesson 2 - Finding support

- UNAFTC (National Union of TBI Family Associations): resources and groups
- Support groups for TBI families: essential to avoid feeling alone
- Accessing individual psychological support quickly
- Resource professionals: social worker, neuropsychologist, primary care physician

### Lesson 3 - Organizing the relays

- Specialized home services: SAMSAH, SSIAD, HAD
- Day care and specialized structures: FAM, MAS, group homes
- Financial assistance: PCH, MDPH, CPAM support
- Anticipating evolving needs without waiting for crisis

### Lesson 4 - Taking care of the relationship

- Staying close before becoming only a caregiver
- What remains intact despite cognitive impairment: relational bridges to nurture
- Creating moments together that aren't about caregiving
- Your relationship can change form without disappearing

## Teaching methods

- Online self-paced training accessible 24/7
- Video lessons with practical examples and expert explanations
- Downloadable resources and practical tools for daily use
- Certificate of completion upon finishing all modules