



# James L. West Center for Dementia Care Dementia & Care Partner Education

DECEMBER 2024

The James L. West Center Dementia & Caregiver Education programs focus on improving the lives and well-being of all those impacted by dementia by teaching the importance of how to "live well with" rather than just deal with the disease.

Our programs are provided at no cost to family and friend caregivers.

**Register by clicking on class titles or through our website [HERE](#), or email us at [caregiver@jameslwest.org](mailto:caregiver@jameslwest.org) with the program(s) you want to attend!**

**[Be a Partner in Education!](#)**

[Click here to learn more](#)

Have questions or want more information? Call us at 817-877-1199.

**Connect with Us!**  
[www.jameslwest.org](http://www.jameslwest.org)  
[jameslwestLEARN.org](http://jameslwestLEARN.org)



## Dealing With Dementia

A Rosalynn Carter Institute for Caregivers Workshop

**December 9<sup>th</sup> from 1:00 – 5:00pm CST - Online**

Free 4.0 CE Hours for Nursing, Social Work, & LPC

Do you need help in Understanding Dementia, Managing Difficult Behavioral Expressions, Handling Stress, and Problem Solving?

Email [caregiver@jameslwest.org](mailto:caregiver@jameslwest.org) to register!

**Registration Deadline is Nov. 30!**

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## Working through Caregiver Guilt & Distorted Thinking

**December 11<sup>th</sup> from 11:30am – 12:30pm – Online**

Please note the date change

Free - 1.0 CE Hour for Nursing, Social Work & LPC

Feelings of guilt and other distorted thoughts are common for caregivers. Join us to identify different types of caregiver guilt and twisted thoughts and how to break the guilt cycle and "untwist" and reframe thoughts.

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## Grief of Caregiving

**December 17<sup>th</sup> from 2:00 – 3:30pm CST – Online**

Please note the date change

Free – 1.5 CE Hour for Nursing, Social Work & LPC

A collaborative program with Area Agency on Aging North Central Texas  
Understand the impact that grief has on caregivers, specifically how it relates to families with a dementia diagnosis. Examine the emotional influence it has on people and discover ways to cope and overcome.



## [JamesLWestLEARN.org](http://JamesLWestLEARN.org)

**Library of videos, blogs & podcasts for all care partners!**

This free online portal provides a variety of quality videos, podcasts, & blogs covering timely topics including managing stress, communication, family dynamics plus more! Our on-demand content is easy to follow and have real-life, practical caregiving skills.

Read our latest blogs:

**Coping with Challenging Behavioral Expressions in Dementia**

**Music Therapy Boosts Brain Activity in Persons with Dementia**

**Dementia Diagnosis Poses Challenges to Family Patterns & Processes**

**Caregiver Health: Change Your Thinking**

Visit [www.jameslwestlearn.org](http://www.jameslwestlearn.org) to access all our on-demand resources!

**Scan QR Code for James L. West YouTube Channel to watch recordings of our programs!**



**James L. West offers a variety of certifications and training for healthcare professionals wanting to enhance their dementia care knowledge and skills.**

- Dementia Live™ Coach Training
- Positive Approach® to Care – A Teepa Snow training.
- **CEU's available for Nursing, Social Work, Licensed Counselor & LNFA!**

**For more information on our professional trainings or if you are interested in bringing one our programs to your group contact Jaime Cobb Tinsley, V.P. of Community Education, at [jcobb@jameslwest.org](mailto:jcobb@jameslwest.org) or 817-877-1199.**

*James L. West is an approved provider by the California Board of Registered Nursing, Provider #CEP17594*

The James L. West Center for Dementia Care is a faith inspired, not-for-profit organization serving persons impacted by dementia. As a trusted expert, we provide personalized, innovative care and support for families, as well as specialized education for caregivers, healthcare professionals and the community at large.

We offer individualized memory care through our residential and respite services, short-term rehabilitation, senior day program, and dementia and caregiver education to enhance the quality and dignity of each person's life throughout the course of the disease process.