



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

NOVEMBER – 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 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
jameslwestLEARN.org



Compassionate Touch®: Elevating Human Connection **November 7th from 3:00 – 4:00pm CST - ONLINE**

Compassionate Touch® is an approach combining skilled touch and specialized communication shown to prevent stress reactions for people living with dementia and enhance quality of life for those in later stages of life.

Dementia Live® Virtual Experience **November 8th from 11:00am – 12:30pm CST – Online**

Dementia Live® is a high impact, dementia simulation experience that immerses participants into life with dementia, resulting in a deeper understanding of what it is like to live with cognitive impairment and sensory change.

Hospice 101: Everything You Ever Wanted to Know but Afraid to Ask

November 12th from 2:00 – 3:30pm CST – Online

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

A collaborative program with Area Agency on Aging North Central Texas

Hospice is a program designed to assist patients and families cope with terminal illnesses, yet most people know little about it. Join us as we learn the benefits and the truth of hospice and dispel common myths surrounding hospice care.

Holidays and Dementia: Making New Memories **November 13th from 11:30am – 12:30pm CST – Online**

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

Discover how to include your loved one during holiday celebrations, gift ideas, and travel suggestions. We will also talk about caregiver burnout and how to take some of the stress out of the holiday season.

Grief of Caregiving

December 10th from 2:00 – 3:30pm CST – Online

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

Registration Information Coming Soon!

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.

Working through Caregiver Guilt & Distorted Thinking **December 11th from 11:30am – 12:30pm CST – Online**

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.



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 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 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.