



# Caregiver and Community Programs

"Had I not attended the Caregiver Training I would not understand what was happening, because of you I had EVERYTHING I needed. I am my Dad's voice. Thank you so much."

-Tory, Family Caregiver

✓ James L. West Alzheimer's Center provides all educational programs and trainings at no charge to family caregivers and friends and community groups.

✓ Programs can be brought to your location to better support your group.

✓ To request a customized program or for questions contact Jaime Cobb, Community Education Director at 817-877-1199 or [jcobb@jameslwest.org](mailto:jcobb@jameslwest.org)

James L. West Alzheimer's Center is an insightful, respected provider of specialized and life-enhancing Alzheimer's and dementia care.

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## Alzheimer's & Dementia Caregiving Training

This six-session training is designed to give families the skills and tools needed to care for someone with dementia and live happy, healthy and together for as long as possible. The individual sessions cover in detail: *What to Expect; Communication; Managing Behaviors; Daily Care Management & Home Safety; Planning for the Future and Reducing Stress & Coping Skills.*

## Stress Busting Program for Family Caregivers™

Caregiving is stressful. The nine week proven *Stress Busters Program* teaches caregivers how to deal with stress through relaxation techniques and problem solving, and how to care for themselves while caring for a person with dementia.

## Virtual Dementia Tour®

The *Virtual Dementia Tour®* is a scientifically proven, hands-on experience that builds a greater understanding of dementia and sensitivity in individuals caring for those with dementia through the use of sensory tools and instruction.

## Senior Moments or Something More?

This one time program gives a better understanding of Alzheimer's disease and dementia. The program also focuses on the differences between normal and abnormal aging and ways to help reduce your risk for Alzheimer's disease.

## Compassionate Touch®

This one-hour workshop is an evidence-based approach shown to successfully refocus behavior while fostering communication and positive relationships in person-centered dementia care.

## Memory Enhancers

Learn how to sharpen your memory and keep it strong! *Memory Enhancers* teaches tricks and exercises to boost your memory and improve attention. Also, learn easy, scientifically proven ways to reduce your risk for Alzheimer's disease and dementia.

## Working with the Doctors

*Working with the Doctors* presentation empowers people with the best ways to manage their health by learning how to work *with* the healthcare system, how to find the right doctor(s), and how to effectively communicate with your healthcare team.