COMMUNITY NEED

Insight's services are vital in the Northern VA area!

Insight Memory Care Center (IMCC), formerly Alzheimer's Family Day Center, is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community.

DEMENTIA IS A GROWING PROBLEM IN NORTHERN VA

- Approximately 46,200 individuals have Alzheimer's disease in Northern Virginia. (The Alzheimer's Association reports that there are 140,000 individuals in the state of Virginia, and Northern Virginia reflects a third of the Virginia population.)
- It is estimated that over 62,000 individuals will be diagnosed by 2025 in Northern Virginia. (Alzheimer's Association, Alzheimer's Statistics: Virginia)
- Based on Alzheimer's Association data, we can estimate that in 2015, 150,000 unpaid caregivers (family and friends) in Northern Virginia provided 173,000,000 hours of unpaid care valued at $2,118,000,000 (at $12.24/hour). 80% of those with dementia receive their primary care from family members--spouses, adult children and grandchildren, nieces and nephews, etc.

THERE IS A NEED FOR CARE AND SUPPORT SERVICES

- Family caregivers of people with dementia are more likely than non-caregivers to have high levels of stress hormones, reduced immune function, slow wound healing, new hypertension, and new heart disease. (Alzheimer's Association)
- A Portrait of our Aging Population in Northern Virginia (Community Foundation for Northern Virginia) reports that 28% of older households can be considered economically insecure, and an additional 31% are financially vulnerable.
- A study by Workplace Options reports that more than 2/3 of dementia caregivers have to quit working, or reduce hours. 69 percent of caregivers said that caring for someone with dementia strained their family finances.
- The Genworth Cost of Care Survey in 2015 shows nursing home care costs an average of $98,550 annually in Northern Virginia. In comparison, IMCC's adult day health care costs $28,850 per year–a yearly savings of about $70,000. Day Health Care is also half the cost of hiring an in home health aide, where the average median rate is $50,336 per year.

DAY CENTER SERVICES HELP!

- The FINGER study in 2014 is the first large, long term and methodologically robust trial showing that multiple approaches, including healthy eating, regular exercise, and brain training activities – all components of our day center - can improve or maintain cognitive functioning and reduce the risk of cognitive decline among older individuals.
- The Daily Stress and Health Study in 2012 found that using adult day health services reduces the caregiver's risks for illness and helps lessen the negative health effects of chronic stressor exposure. Improved caregiver health allows families to continue to care for their loved ones at home, in the community.
- The American Geriatrics Society has found that "caregivers who take advantage of programs such as support groups, adult day care, and respite care keep their Alzheimer's patients at home longer than those who do not. They also tend to feel healthier and find caregiving more rewarding than those who do not use support services."

3953 Pender Drive, Suite 100, Fairfax, VA 22030 | 703-204-4664 | InsightMCC.org | imcc@insightmcc.org

#35282 #8096