



2017



# This is our story.

*It's a collection of stories.*



September 2016



August 2016



August 2016



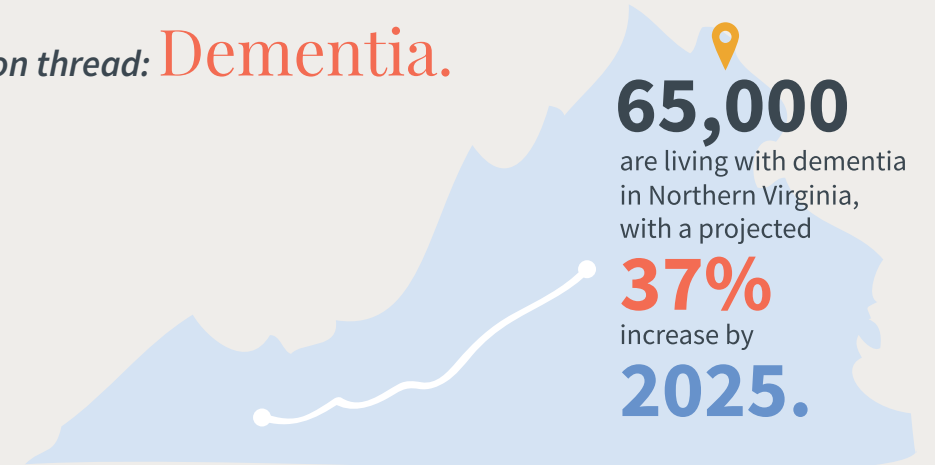
May 2017

The stories all have a common thread: **Dementia.**

## 1 in 10



**people over 65**  
have Alzheimer's.



Fortunately, there is one more common thread: **Insight.**

Insight Memory Care Center is a nonprofit adult day health and resource center providing specialized care, support, and education to families across Northern Virginia. The chart below details the number of individuals served in FY17.

### Care

Day Center	<b>124</b>
Mind & Body	<b>26</b>
Reconnections	<b>25</b>

### Support

Support Groups	<b>325</b>
Consultations	<b>135</b>
Memory Cafe	<b>26</b>
SHARE Program	<b>24</b>

### Education

Classes	<b>2185</b>
Prof. Seminars	<b>200</b>
CDP Training	<b>80</b>

## FY17 Total

## 3150

Our holistic approach to care provides programming for both individuals with the disease and their care partners, across the disease spectrum. Using our expertise in dementia care, we can provide families with the programs, services, and resources they need to remain at home, in the community.

We connect the dots •



“ He couldn’t remember how to get places he’d always been, he was getting over-excited about losing things – something was just wrong. ”

“ My father just wasn’t as sharp as he used to be. He seemed not to be part of our conversations, he was more forgetful. He seemed sometimes disoriented, he was repetitive. So was it depression, was it normal aging, was it hearing loss, was it everything? ”

“ I sensed that she wasn’t as comfortable alone. That’s the point we knew we needed a change. ”

“ We have been so entrenched in caring for her that we really don’t know any other life. My father, the primary caregiver, suffered a heart attack last year partly due to the stress of caring for my mother. ”

“ I realized that the thing I couldn’t provide for him was a lot of stimulation that he really needed on a daily basis, so we sought out Insight. ”

“ It was such a relief when I came to the first meeting. ”

“ There was something wrong with mom. We found bills that she hadn’t paid, or double paid. People that called themselves her friends were taking advantage of her. ”



“ When I walked in, I immediately knew this was the right place... it felt like home. ”



“ Since his Alzheimer’s disease has progressed, as it inevitably does, he has moved from the early stage program to the full day program which provides structure and stimulation for him and respite time for me to attend to my aging parents and our new granddaughter. ”

“ It gives me a place to talk about what’s going on, to ask, a place to share information because some of the people that are further down this road than I am have learned things, and some of the speakers that you’ve brought in that are professionals in this field have been very, very helpful. ”

“ It matters to come here because you know that the people who are taking care of your loved one get it, and they get you. It’s a collaborative effort, and that’s what I appreciate the most about it. ”

## Care

### *Mind and Body Workshop*

Our Mind and Body Workshop sessions were updated to utilize different topics to promote cognitive enhancement, creative expression, movement, community engagement, and well-being for families living with early memory loss.

### *Reconnections*

Together with professional staff, 25 Reconnections members participated in a variety of recreational activities with the opportunity for peer support and socialization in a safe, non-judgmental setting.

### *SHARE Program*

Insight became one of the first in the country to offer the SHARE program, a research-tested program developed by dementia experts through funding from the National Institute on Aging that provides families with a recent dementia diagnosis a viable way to plan for future needs.

### *Adult Day Health Center*

On our annual monitoring visit from the Virginia Department of Social Services in March 2017, we had a completely deficiency free report to renew our three-year license for our day center – the highest level of licensure for adult day health services in Virginia.

Insight continued our process of incorporating more person-centered care best practices into the day center to ensure each individual is provided care tailored to their specific needs, likes, and interests. This is part of an on-going process to continue to provide the best quality of life we can for our participants.

Insight provided over \$235,000 in financial assistance to 27 participants and their families during FY17.

## Support

### *Support Groups*

We offered four different support groups throughout the year to best meet the needs of different caregiving situations. 325 caregivers attended a total of 60 support group sessions during the fiscal year.

### *Memory Café*

The Memory Café was revised to mirror the popular Mind and Body format, offering group activities, a separate support group for caregivers, and a joint dinner at the conclusion. The Memory Café is free, open to everyone, and now offered twice a month; 26 individuals participated over the past year.

### *Caregiver Cruise*

Insight took our third Caregiver Cruise in June of 2017. Eight families took part in the 5 day cruise from New Jersey to Bermuda, allowing all of the families to enjoy a vacation together in a safe and supportive environment.

## Education

### *Classes for Caregivers*

Insight participated in providing a total of 82 free education programs for caregivers in Northern Virginia. Topics covered a wide range of caregiving issues, and brought in experts in their respective fields. New Wellness Workshops and Conversations with Caregivers sessions were added to provide additional caregiver support programming.

### *Professional Training*

Our Assistant Director took comprehensive training to become a Certified Alzheimer’s Disease and Dementia Care Trainer. She has since trained all Insight staff members through the Certified Dementia Practitioner course, and offered the course to 80 professionals in the community.

86 volunteers and interns provided 6,158 hours of service during the fiscal year. We are very grateful to partner with several universities to provide students with practical learning experience.



# You make it happen.

Many thanks to our donors!

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● Orange circles indicate patrons who have given \$1000 or more.

● Red circles indicate IMCC's monthly givers.

“The neurologist says that she notices. Without you, mom would be a lot worse that she is where she is, and that she has not gone down faster because of her coming here. It's keeping her mind active, it's keeping her body active, it's giving her something to look forward to.”



## Financials

### Assets

Cash and Cash Equivalents	\$1,361,521
Accounts Receivable	\$7,830
Pledges Receivable	\$8,743
Prepaid Expenses	\$60,327

Total Current Assets	\$1,438,421
Property and Equipment	\$650,321
Other Assets (Security Deposit)	\$61,025

<b>Total Assets</b>	<b>\$2,149,767</b>
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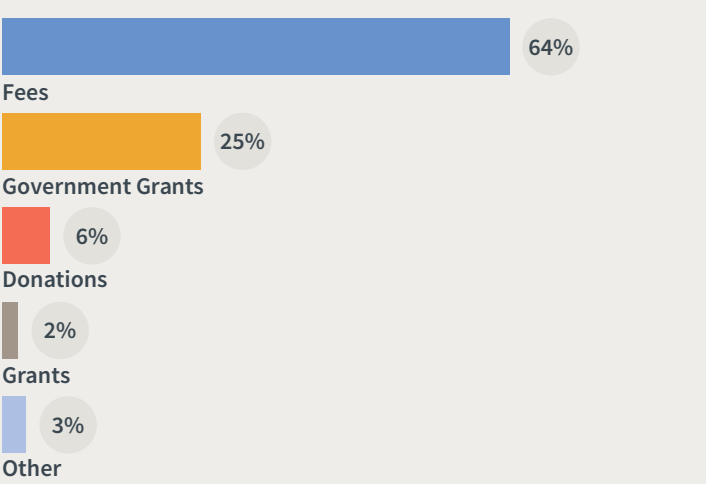
### Liabilities

Accounts Payable	\$25,198
Accrued Salaries and Vacation	\$81,265
Deferred Income	\$24,200
Notes Payable	\$56,816

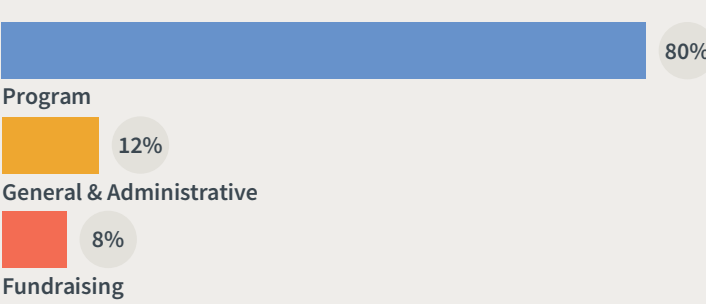
Total Current Liabilities	\$187,479
Long-Term Liabilities	\$358,624
Total Net Assets	\$1,603,664

<b>Total Liabilities and Net Assets</b>	<b>\$2,149,767</b>
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### Income



### Expenses





# Our story isn't over.

We can do more.

## Our programming works.

Outside research has shown the efficacy of adult day services and caregiver support programs. Our family members echo these findings in our annual survey results.

### Care Programs

- 100% agree the Day Center has been helpful.
- 100% agree their loved one functions better on days they attend Reconnections.
- 98% agree that activities are therapeutic for their loved one.
- 87% agree that attendance at Insight prevented or postponed a move to a residential facility.

### Caregiver Support Services

- 100% agree that support services help manage caregiver stress.
- 94% agree that education programs improved their caregiving skills and knowledge.
- 98% feel more able to cope with caregiving with Insight.
- 98% agree that the program has helped take care of their own needs while caregiving.

## We want to grow to meet the need.

Insight has plans to expand our programming, through partnerships or additional locations. Additional space will provide more options for early stage programs, expand adult day health center capacity, and provide education and support options throughout the metro region.



“In all honesty I could not have gotten through this dementia journey without Insight.”

• Together.



September 2016



October 2016



May 2017



more stories to come...





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