



INSIGHT AT A GLANCE

Learn more about us at Insight Memory Care Center!

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.

THE NEED IS GROWING

46,200

Individuals living with Alzheimer's disease in Northern Virginia.

150,000

Caregivers providing unpaid care in Northern Virginia.



1 of every 7 workers are active or former caregivers for someone with Alzheimer's or another form of dementia.

1984

IMCC was established by Lin Noyes Simon, with three participants.

Today, we are still the **ONLY** dementia-specific day center in the entire DC metro area.

PROGRAMS

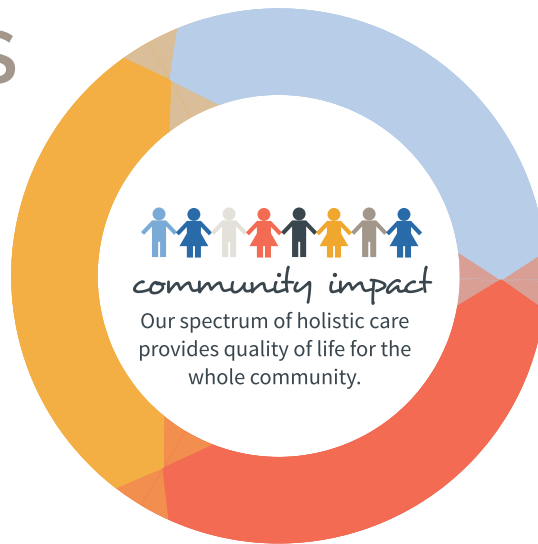
CARE

Early Stage

- Mind and Body Workshop
- Reconnections
- Memory Cafe

Adult Day Health Center

- Friends Club, moderate stage
- Sunshine Club, late stage



EDUCATE

Classes for Caregivers
Community Workshops
Professional Training
Caregiving at a Glance Guide

SUPPORT

Support Groups
Consultations
Memory Screening
Caregiver Cruise
SHARE Program

WE MAKE A DIFFERENCE

The **DASH Study at Penn State** found that adult day health service reduces the caregiver's risks for illness.

Caregivers at our center agree:

100% found the Day Center helpful.

93% agreed caregiver stress reduced.

2015

In January 2015, we opened a new center, serving up to 60 participants daily, and providing dedicated space for early stage programs, as well as larger education programs, more support groups, and consultations.

YOU CAN HELP!

1. VOLUNTEER
2. DONATE
3. ATTEND A CLASS
4. SPREAD THE WORD
5. COME TO A SNAPSHOT!
2nd Tuesday of each month at 9 am!





OUR PROGRAMS

Serving families living with memory impairments

In keeping with our mission, Insight Memory Care Center provides a comprehensive spectrum of care, support, and education to those affected by memory impairments throughout the disease process. Located in Fairfax, VA, programs are open to anyone in the DC metro area, and our caregiving resources are used across the country.

CARE

Insight strives to provide care and support to individuals and families at each stage of the disease, and as they navigate changes throughout the course of the disease process.

SUPPORT

As families are also affected by the disease, IMCC offers support programs to reduce caregiver stress and provide practical solutions to common caregiving challenges.

EDUCATION

IMCC's innovative education programs help family members remain confident and effective in their caregiving roles and increase awareness and understanding of the disease in the community.

ADULT DAY HEALTH CENTER

A safe, engaging, therapeutic, and dementia-specific environment. The mid stage Friends Club provides connection and maintains physical, cognitive, and social skills. The late stage Sunshine Club offers more care and sensory stimulation.

MEMORY CAFE

A social gathering where families can come together in a safe, supportive environment, share conversation, or participate in activities with the group.

MIND AND BODY WORKSHOP

This workshop for families helps those with early memory loss to maximize their capabilities, while also providing caregivers with new ways to interact and adjust to the changing family dynamics.

RECONNECTIONS

Early stage club members participate in individualized discussion groups, learning experiences, and have the opportunity for peer support and to socialize in a non-judgmental setting.

SUPPORT GROUPS

Led by experts in dementia care, support groups offer people in like circumstances the chance to share practical advice, discuss frustrations and fears and connect with others who are on a similar journey in a secure group environment.

CONSULTATIONS

IMCC can meet with families in person or by phone to discuss a family's specific needs or challenges and make recommendations of area resources.

MEMORY SCREENINGS

We offer free, confidential, face-to-face memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison.

CAREGIVER CRUISE

We can all use a vacation, but what about traveling when your loved one has dementia? The caregiver cruise provides families with a chance to vacation in a safe and supportive environment.

CLASSES FOR CAREGIVERS

Free specialized classes are offered for caregivers to build their skills and confidence while learning more about Alzheimer's resources in the community. Respite care is provided during each class session.

COMMUNITY AND PROFESSIONAL TRAINING

IMCC offers a variety of training options to businesses, school groups, service organizations, and faith communities regarding current topics in Alzheimer's disease and caregiving. With our expertise in dementia care, IMCC also provides consulting services and specialty seminars for long-term care facilities and other professional groups serving older adults.

CAREGIVING AT A GLANCE

A fingertip guide for caregivers, and IMCC's own unique publication, "Caregiving at a Glance" provides strategies for managing behavior challenges and planning for future care.

For more information please call us at 703-204-4664 or visit our website at InsightMCC.org for more program details.

