



# *join us virtually!* INSIGHT AT HOME



## PROGRAM DETAILS

### What is Insight at Home?

Insight at Home is a way to participate with Insight Memory Care Center's quality dementia care programming from the comfort of your own home!

Insight at Home is a virtual group program designed to encourage engagement and foster meaningful relationships with other members. Each week the program will incorporate different topics into discussion and give participants activities to work on while at home. Learn more at [InsightMCC.org/InsightatHome](https://InsightMCC.org/InsightatHome)

### Who should join?

The group is designed for those with mild cognitive impairment or in the early stages of dementia who are interested in reading, meaningful discussion, and activity while in the comfort of their own home.

Caregivers are invited and encouraged to attend any of our free support groups and education programs as well! Programs are listed on our website at [InsightMCC.org/virtualservices](https://InsightMCC.org/virtualservices).

### PROGRAM TIMES

#### Core Sessions

Tuesdays and Thursdays, 11:15 am to 12:15 pm

Additional small groups offered each week based on participant interest

### COST

#### Core Package

\$350 per month for 2 core sessions per week

#### Small Group Package

\$500 per month for 2 core sessions and 2 small groups per week

### REGISTRATION

Registration is required; there is a short application and assessment process to ensure a good fit for the participant and group. Please contact Katelyn Sloan at [katelyn.sloan@insightmcc.org](mailto:katelyn.sloan@insightmcc.org) or 703-204-4664.

## ABOUT INSIGHT MEMORY CARE CENTER

Insight Memory Care 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. Serving Northern Virginia since 1984, Insight offers a spectrum of holistic care, with a vision of a community where those affected by memory impairments can achieve the highest quality of life. To learn more about our Virtual Services, visit our website at [InsightMCC.org/virtualservices](https://InsightMCC.org/virtualservices)

