

Insight Memory Care Center ACCOMPLISHMENTS

FY18

- On our annual monitoring visit from the Virginia Department of Social Services in March 2018, 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.
- The early stage **Reconnections added a fourth day of programming!** 46 individuals had the opportunity for peer support and socialization in a safe, non-judgmental setting. The program provides discussion groups, recreational therapies, and learning experiences for those with MCI or who are in the early stages of a memory impairment.
- Christi Clark represented Insight at the **International Association of Gerontology and Geriatrics (IAGG) World Conference** in San Francisco in July 2017. She was a part of a joint presentation with George Mason University to report on the positive outcomes of the Music and Memory program for our participants.
- After careful analysis through our person-centered care initiatives, Insight **created three distinct levels of care within our day center** to meet the needs of participants through care and structured programming that better match the cognitive levels and abilities of everyone attending.
- Held our sixth annual **"Paintings & Pairings"** at the Fairview Park Marriott on October 26, 2017. The event was bigger than ever; nearly 400 guests enjoyed a wonderful evening of paired hors d'oeuvres with seasonal wines, a three-course seated dinner, local artwork for sale, and silent and live auction items, raising over \$70,000 in support of our center.
- Insight participated in providing a total of **65 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 Caregiver Engagement Workshops were added to provide hands-on training for family caregivers.
- Insight continues our work with George Mason University to promote the **Music & Memory program**. Our participants, caregivers, and staff have helped their researchers create training videos that can be used to start the program at facilities across the region.
- Insight provided **over \$205,000 in financial assistance** to 18 participants and their families.
- Insight was selected to receive pro-bono services to create an outcomes database that will better track our day center participant engagement and interventions. This data will be collected over the next fiscal year to help **continually improve our programming** and develop widespread day center best practice outcomes.
- The winner of our **second annual Excellence in Memory Care Award** was announced at the Paintings & Pairings event. The award went to Larmax Homes for their innovative equine therapy program.
- The **Memory Café**, having grown to twice a month, proved a popular offering of group activities, support group for caregivers, and a joint dinner at the conclusion. 63 individuals participated.
- Numerous **family and friends supported Insight** at the Fairfax County Board of Supervisors budget hearing in April 2018 to advocate for continued funding.
- Joel Bednoski and Christi Clark represented Insight at the **National Adult Day Services Conference** in September 2017, presenting on promoting the benefits of adult day health centers.
- Offered **three different support groups** throughout the year to best meet the needs of different caregiving situations. 436 caregivers attended a total of 54 sessions.
- Celebrate Insight**, held in May 2018, was a fun spring carnival to honor loved ones and celebrate the care Insight provides to the community.
- 100 volunteers and interns provided 6,475 hours of service** during the fiscal year. We are grateful to partner with several universities including George Mason, Marymount, and Stratford to provide students with practical experience.

117 Day Center

24 Mind & Body

39 Reconnections

436 Support Groups

268 Consultations

63 Memory Cafe

38 SHARE Program

1258 Education Programs

244 Professional Training

2487 Total

Insight Memory Care Center OUR RESULTS

FY18



95% have more time to do other things they want to do.

"Having my husband in your care during the day not only helps him, but enables me to lead a semi-normal life. I am very impressed with the pleasant, welcoming, and almost jovial atmosphere created by your staff. They are an inspiration to all caregivers."



86% learned practical, effective strategies to help caregiving.

"The education, support, and individualized consultations have kept my husband and me "afloat" during this most difficult time. The neurologist merely gave my husband a diagnosis, but no assistance as to where we might get help for our new daily life. Insight's employees have helped us every step of the way with the challenges we have faced. I cannot imagine how we could have managed without the programming and concern they have offered us. They also provided us with a new set of friends who were in the same situation."



95% agree that support services reduced caregiver stress.

"The support groups have been helpful in my adjustment to reality and acceptance of taking one day at a time."

"Support group was wonderful and kept me going. The coping activity was great. Enjoyed the laughter, projects, and being silly."

100%

were satisfied overall with the care and services their family member received.

"IMCC is a gem. The daycare program was great, even though my wife could not remember what she did, she was clearly in a better frame of mind when she spent time at Insight."

97%

agree staff made a sincere effort to help their loved one adjust.

"My husband and I were very hesitant and now we both enjoy a variety of IMCC programs, classes, Share Program, Support Services, and the compassionate knowledgeable staff."

97%

agree staff treats them warmly and respectfully.

"When my mother sees a member of the staff at the door she smiles and says they are waiting for me. Everyone is so nice, respectful and pleasant that I sometimes want to stay!"

95% agree that Day Center activities are appropriate and therapeutic.

97% agree that their family member is safe while at the Day Center.

94% find the Day Center care plans helpful and informative.



87% agree their family member functions better on days that they attend Reconnections.

"The staff and programs are exceptional. My mother definitely is more cognitive on the days that she's attended."

100%

agree that Reconnections activities are appropriate and therapeutic for my loved one.

"My husband is very happy to have Reconnections to go to. It gives him social interaction at an appropriate level and pace for him. I find the Reconnections staff to be very aware of individual strengths and challenges. They step in seamlessly to make sure everyone can participate in an activity."

100%

agree that Reconnections has provided opportunity for more socialization and peer support.

"My husband loves the Reconnections program. He says going there three times a week is the highlight of his activities. Social interaction is very important for him. His decline is much slower because of his interest in meeting other participants there, and being exposed to a wider range of topics."