

ABOUT US

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.

IMCC was established in 1984 by Lin Noyes Simon, with three participants.

Today, IMCC is still the *only* dementia specific day center in the DC metro area.



Want to learn more?

Check out our website at InsightMCC.org, email us at imcc@insightmcc.org, or give us a call at 703-204-4664. We're happy to help!



CARE

IMCC offers a safe and therapeutic environment for people in all stages of dementia, providing cost effective care, and giving the caregiver respite.

Early Stage Programs

Mind and Body Workshop is a weekly couples program focusing on helping maximize capabilities, while also helping caregivers with new ways to interact and adjust to the changing family dynamics.

Reconnections is a gathering to participate in individualized discussion groups, recreational therapies, learning experiences, and all have the opportunity for peer support and socialization.

Adult Day Health Program

Friends Club is a therapeutic weekday program providing opportunities for people in the middle stages of dementia to connect with others and maintain or improve their physical, social, and cognitive skills in a safe and engaging environment.

Sunshine Club is a therapeutic weekday program for people in the later stages that provides personal care and sensory, physical, and cognitive stimulation.

SUPPORT

As families are also affected, our free support programs reduce caregiver stress and provide practical solutions to home caregiving challenges.

Support Groups offer people in like circumstances the chance to share practical advice, discuss fears and frustrations, and connect with others who are on a similar journey.

Consultations are offered to discuss a family's specific needs and make recommendations of area resources that may be appropriate.

Memory Screenings offer people with concerns about their memory a quick test to check their memory now or for future comparison.

“ I think having this kind of facility is extremely, extremely helpful for caregivers and I don't know how people manage and cope without it. ”

-Family Member

EDUCATION

These free programs help family members remain confident and effective in their caregiving roles at home and increase awareness in the community.

Classes for Caregivers are offered for caregivers to build their skills and confidence while learning more about Alzheimer's resources in the community.

Community and Professional Trainings are offered to a variety of groups regarding current topics in Alzheimer's disease and caregiving. IMCC also provides consulting services and seminars for professional groups serving older adults.

Caregiving at a Glance is our fingertip guide for caregivers, providing strategies for managing behavior challenges and planning for future care.

BENEFITS

IMCC can help.

The Penn State University Daily Stress and Health of Caregivers (DaSH) Study in 2012 found that with using adult day health services caregivers' stress was reduced and their health improved.



Community Impact

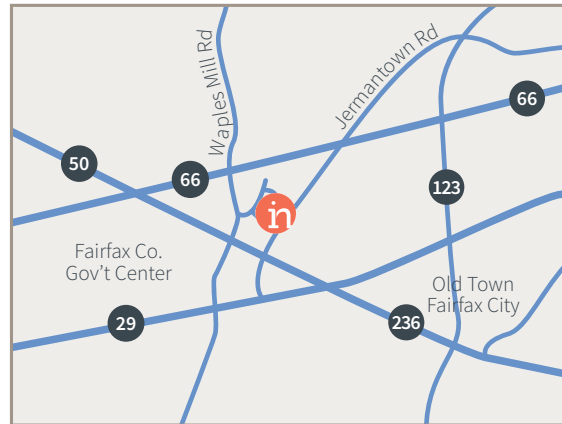
- 1 Quality of Life**
Enhancing lives of individuals and families living with dementia through our spectrum of programs.
- 2 Remain at Home**
Allows your loved one to continue living at home, in the community, with day services and support.
- 3 Holistic Care**
Memory Care programs provide a range of services that a single caregiver can't provide alone.
- 4 Socialization**
IMCC helps prevent social isolation for both participant and caregiver.
- 5 Free Services**
Many free services including training, support, and resource referral. IMCC also provides cost effective care.

JOIN US

Insight Memory Care Center

(formerly Alzheimer's Family Day Center)

3953 Pender Drive, Suite 100, Fairfax, VA 22030
703-204-4664 | tel 703-204-0509 | fax
imcc@insightmcc.org | email



- Volunteer
- Donate
- Attend a Class
- Spread the Word

Learn more about how you can help at

InsightMCC.org



IMCC appreciates funding received from Fairfax County Government.



ADULT DAY HEALTH & RESOURCE CENTER

THE NEED

Over 5 million

people in the United States have Alzheimer's disease. That's the same as the populations of Wyoming, Vermont, DC, North and South Dakota, Alaska, and Montana combined.

1 in 9 people over the age of 65 are diagnosed with Alzheimer's disease.

Caregivers



Reduce work hours or quit entirely.



Financially strained.



Emotionally stressed.

and it's growing...



2010 2030

76% increase in older Northern Virginians.

20,000 older individuals in Northern Virginia are living in poverty.

As the need and population grow, more will need support to age in place.