



# FY21 at a Glance

## July 2020

Having **reopened the Day Center** at the end of June with shortened hours and heightened safety protocols, we added an afternoon session for 16 participants total each day.

Insight returned to offering specialized **caregiver support groups** virtually; offering 6 distinct groups each month.

## August 2020

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free** for the 10th year in a row to renew at the highest level of licensure.

Lindsey Vajpeyi, Director of Education and Outreach was awarded LeadingAge Virginia's **Emerging Leader Award** for her dedication to bettering the lives of families living with dementia.

## September 2020

Resumed **full days at the Day Center**, serving up to 24 participants per day.

## September 2020

Launched a new **Caregiving at a Glance Workshop Series** to go in-depth with our caregiving guide and the experts that put it together!

Anita Irvin, Executive Director, participated in panel discussion on Adult Day Services in COVID-19. This was the first of several speaking engagements and **requests for guidance on re-opening**.

## October 2020

Held our 9th Annual **Paintings & Pairings** event virtually, raising over \$90,000 in support of our programs.

## December 2020

Insight was honored to recently receive a **2020 Northern Virginia Leadership Award** from Leadership Fairfax.

## January 2021

Insight offered **on-site vaccination clinics** for all participants and staff. Since the completion of our clinics in March, all of our staff and participants have remained 100% vaccinated.

## May 2021

Began offering the **Memory Café** in-person again. The café had been running virtually for the past 14 months, and is still offered virtually as well to maintain those connections.

## June 2021

Anita Irvin, Executive Director, is awarded Leading Age Virginia's **Vision Award** for her inspirational leadership, vision, and dedication in achieving our mission over the last year.

Resuming in-person meetings last fall in Fairfax, our **early stage Reconnections program grew** to offer groups at The Kensington Reston and Goodwin House Alexandria to reach those with MCI across the county.

Insight offered **hybrid programming options** throughout the fiscal year to meet the changing needs of our participants and families.

**\$101,783 was provided to 15 families in financial assistance.** Financial assistance ensures families can utilize our day center regardless of income.

## Individuals Served: 3722

*5% increase from last year!*

### Care

Day Center	<b>118</b>
Reconnections	<b>73</b>
Insight at Home	<b>19</b>

### Support

Support Groups	<b>1161</b>
Consultations	<b>396</b>
SHARE Program	<b>32</b>
Memory Cafe	<b>67</b>

### Education

Classes	<b>1220</b>
CDP Seminars	<b>64</b>
Webinar Views	<b>572</b>

# Family Survey Results



**91% have more time to work and/or do other things I need or want to do since becoming involved with IMCC.**

“The program has been a lifesaver for me as a caregiver. I know my husband is safe and involved and I can get a break to take care of myself.”



**93% are more able to cope with caregiving involved with IMCC.**

“Insight has been an invaluable resource to me as a caregiver, and to my loved one as a participant. We have appreciated the SHARE program, virtual Reconnections, and the Day Center. I have benefitted from the support groups and classes. Staff are always available, friendly, supportive, and professional. I feel completely supported, and comfortable asking questions and learning of new resources as we move along our journey. Insight goes well beyond being just an adult day center. Insight offers comprehensive services that cover all aspects of living with Parkinson’s and dementia, including educational and emotional support for the caregiver. We are so glad to have found Insight!”



**90% agree that with IMCC, stress as a caregiver has been reduced.**

“IMCC is an absolute gift to our family.”

**100%** *were satisfied overall with the care and services their family member received.*

“The entire staff at IMCC has been phenomenal to work with. That is IMCC’s best asset as buildings can be replaced, but your staff is what brings out your true value to all of Northern Virginia.”

**91% agree that Day Center activities are appropriate & therapeutic.**

**97% agree staff made a sincere effort to help my family member adjust.**

**81% agree attendance has prevented or postponed a move.**

**97%** *agree staff treats me and my family warmly and respectfully.*

“It gives Dad a safe place to go and brings routine to his life and keeps him social. It is helping him cognitively a lot on the days he goes. I love the dedication and kindness of the whole team at Insight.”

**100%** *agree their family member is safe at the Day Center.*

“For my mom to be safe is one thing, but safe AND happy is a double blessing!”  
“It is a nice place with a very nice, warm and caring staff. For me, it is a relief to know my husband is safe and okay.”

**100%** *100% agree IMCC’s virtual community is welcoming and inviting.*

“All of the staff and support are excellent. The leader is upbeat, energetic, fun, understanding, supportive, and compassionate. She really understands how to engage each participant and makes every session something my wife looks forward to.”

**100% agree Insight at Home activities are engaging for their loved one.**

**86% agree their loved one functions better on days attended.**

**100%** *agree Reconnections helps their loved one feel connected.*

“My dad loves coming; he always meets nice people and has good conversations.”

**100%** *agree their family member functions better on days attended.*

“The staff is excellent, and my wife really thrives at Reconnections.”