



# FY19 at a Glance

## July 2018

Insight took our **4th annual Caregiver Cruise!** Eight families took part in the 9-day cruise to New England and Canada, vacationing together in a safe and supportive environment.

## September 2018

Christi Clark, Executive Director, received the **Ruth Von Behren award** of the National Adult Day Services Association for personal achievements and commitment to the field.

## October 2018

Insight was honored with a **Center of Distinction award** from the National Adult Day Services Association, recognizing us as a best-practice model for person-centered approach to care.

## November 2018

**We welcomed Pender, our therapy puppy!** Pender will be a regular visitor to all of Insight's programs for both participants and caregivers as he works to become a certified therapy dog.

## January 2019

Began **Friends of Insight** as a way for family members to stay connected to each other and the support they received from Insight, while also supporting the center and promoting our mission.

In our efforts to best provide person-centered care, Insight **began the Transitions program** in January 2019 as a hybrid program to support the transition for participants between the early stage program and the day center.

## February 2019

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free for the 8th year in a row** to renew at the highest level of licensure.

## March 2019

Insight formally adopted the Dementia Friendly America Herndon program as we continue to **champion dementia friendly initiatives** in Fairfax County. An area-wide symposium was held to support this growing effort.

## May 2019

**Caregiving at a Glance**, Insight's fingertip guide to caregiving, was revised in a brand new 5th edition, available free for family caregivers and through online booksellers.

Insight welcomed Scot Marken as **our first Chief Executive Officer**, as we work to expand our reach to serve more in need in the community.

## June 2019

Insight **celebrated our 35th Anniversary!** We threw a community-wide 80s party where family members were invited to take a look back and celebrate an exciting future ahead.

Insight continues our work with George Mason University to spread the **Music & Memory program** across Virginia.

Began a partnership with Marymount University for an evidence-based best practice **balance program pilot study**.

**131 volunteers and interns provided 4,367 hours of service.** We partner with several universities to provide students with practical experience.

## Individuals Served: 3265

*31% increase from last year!*

### Care

Day Center	<b>100</b>
Reconnections	<b>50</b>
Mind and Body	<b>44</b>

### Support

Support Groups	<b>611</b>
Consultations	<b>258</b>
SHARE Program	<b>34</b>

### Education

Classes	<b>1880</b>
Prof. Seminars	<b>255</b>
CDP Training	<b>33</b>

# Family Survey Results



**93% feel more connected and supported with IMCC.**

“I like that IMCC focuses on dementia-related problems and provides a focal point for families to network and socially interact in coping with dementia. It provides a community that helps us in our struggle.”

**97%**

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

“IMCC has been a blessing to my mom since her diagnosis of Alzheimer’s. The attention and care she receives at IMCC is outstanding.”

**94% agree that Day Center activities are appropriate and therapeutic.**

**100% find the Day Center Care Plans helpful and informative.**

**94% agree their family member functions better on days they attend.**



**98% are more able to cope with caregiving involved with IMCC.**

“IMCC has helped both my husband and me deal with his Parkinson’s Disease and Dementia. We participate in as many educational, support and social activities as possible which have given us hope, knowledge, strength and friendships. So many wonderful activities help us navigate through a very challenging time in our lives. I really don’t think I could keep my husband at home if it weren’t for IMCC. I sincerely feel like we have been blessed with a very precious gift and we are both so grateful beyond words!”

**97%**

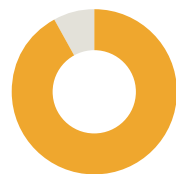
*agree staff made a sincere effort to help their loved one adjust.*

“IMCC is a very welcoming, warm environment for both the participant and their family members. The team always displays great care. I feel like my loved one is part of a very special family.”

**97%**

*agree staff treats them warmly and respectfully.*

“The warmth and smiles of staff boost my morale. Everyone is always willing to listen attentively. IMCC has helped grow in courage to fulfill the needs of my loved one.”



**92% agree their family member functions better on days that they attend Reconnections.**

“It’s a real family atmosphere for my husband. He LOVES going to Reconnections and feels very secured and valued.”



**97% agree that education programs built skills, knowledge and abilities as a caregiver.**

“The educational programs are invaluable – realistic and practical. The moral support and insight of support groups helped me understand what I could and couldn’t do to help my husband and myself.”

**100%**

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

“I am most impressed with how staff succeed admirably, every day I attend, in keeping us interested and motivated with the wide variety of activities they plan, organize, and carry out.”

**100%**

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

“The program is different every day, and my loved one greatly enjoys the activities and connections. Every single staff member is friendly, caring, and communicates with both of us. Meeting with other caregivers creates a ‘family.’”