



# INSIGHT AT A GLANCE

Learn more about our programs and services!

Insight Memory Care Center (IMCC) 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. Learn more about our programs and how we make a difference!

## CARE

### EARLY STAGE

#### Mind and Body Workshop (\$)

Multi-session series for families with a recent diagnosis

#### Reconnections (\$)

Monday, Tuesday, Thursday, Friday  
10:00 am to 3:00 pm

A small group activity-based program that promotes cognition, socialization, and support

### MID TO LATE STAGE

#### Adult Day Health Center (\$)

Monday through Friday  
7:30 am to 5:30 pm

A safe, engaging, and therapeutic environment offering personalized care and activities

## SUPPORT

### SUPPORT SERVICES

#### Support Groups

Variety of groups for caregivers and early stage individuals

#### Consultations

Ask questions and find resources specific to your family situation

#### SHARE Program (\$)

Five session series for families to create a plan for future needs

### SOCIAL PROGRAMS

#### Memory Cafe

Families can socialize in a fun and safe environment

#### Sentimental Journey Singers (\$)

Early stage individuals and a care partner can enjoy singing in a chorus

#### Caregiver Cruise (\$)

Families can enjoy a vacation together with Insight support.

## EDUCATE

### CLASSES

#### Classes for Caregivers

Monthly class series designed for family caregivers

#### Community Training

Dementia education for your organization or workplace

#### Professional Training (\$)

Specialty seminars in providing quality memory care

### RESOURCES

#### Caregiving at a Glance Guidebook (\$)

Insight’s fingertip guide to caregiving, free for family caregivers

#### Memory Screenings

Free, confidential screenings to check memory concerns

#### Resource Library

In-person and online resources for caregivers

“ We participate in as many activities as possible which have given us hope, knowledge, strength and friendships. I really don’t think I could keep my husband at home without IMCC. ”

## WE MAKE A DIFFERENCE

# 71,500

individuals are living with dementia in Northern Virginia, with a projected

# 27% increase by 2025

The **DaSH Study at Penn State** found that adult day health service reduces caregiver stress and risks for illness.

*Caregivers at our center agree:*

97% found the Day Center helpful.

98% more able to cope with caregiving.

## JOIN US!

# InsightMCC.org

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