

LEWY BODY DEMENTIA

What is Lewy Body Dementia?

Lewy body dementia (LBD) is an umbrella term for two related diagnoses: dementia with Lewy bodies (DLB) and Parkinson's disease dementia (PDD). These progressive and degenerative diseases are associated with abnormal deposits of a protein in the brain. These deposits, called Lewy bodies, affect chemicals in the brain whose changes can lead to problems with thinking, movement, sleep, behavior, and mood.

What programs does Insight offer?

While families living with Lewy Body Dementia can benefit from many of Insight's programs, here are a few options that might be beneficial:

LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP

Do you have a friend or family member with Lewy Body dementia? Join us for **Lewy Body Dementia Caregiver Support Group** to learn more about this specific type of dementia, and share with others who also have loved ones with the disease. This group is open to the public and free of charge.

SHARE PROGRAM

For those with a recent diagnosis, the **SHARE program** – an evidence-based program developed by dementia experts – provides families with a straightforward and viable way to plan for future needs.

CARE & RESPITE PROGRAMS

No matter what stage of the journey your loved one is in, Insight offers programs for the diagnosed individual, both in-person and virtually.

- **Reconnections**, early stage engagement program
- **Reconnections Virtual**, early stage virtual program
- **Adult Day Health Center**, early-mid to late stage holistic care

CONSULTATIONS

Not sure where to start? Insight offers free **family consultations** to help guide your family along your journey, regardless of whether you utilize any of our other services. Give us a call!



Insight Memory Care Center
InsightMCC.org | 703-204-4664

Nonprofit adult day health & resource center providing specialized care, support, and education for families living with dementia.



Lewy Body Dementia Association
lbda.org | Lewy Line: 800-539-9767

Through outreach, education and research, LBDA supports those affected by Lewy body dementias, their families and caregivers.



Inova Parkinson's and Movement Disorders Center

<https://www.inova.org/move>
703-375-9987

Providing comprehensive care from a multidisciplinary team designed to get you moving again.



National Institute on Aging

<https://www.nia.nih.gov/health/what-lewy-body-dementia>

Under the National Institutes of Health, NIA conducts research and provides education on Alzheimer's and other memory impairments.