



# FY23 at a Glance

## July 2022

Updated our **mission and vision statements** with input from staff, participants, and board members to better reflect who we are today.

## September 2022

Expanded our **Parkinson's Friends** group to Fairfax in partnership with INOVA Parkinson's and Movement Disorders Center.

Highlighted as a quality care facility on the **Today Show!** We were featured with one of our partners, ShiftMed, to highlight innovative nursing solutions providing care to those with dementia.

## October 2022

**11th Annual Paintings & Pairings** fundraising event was back in-person at the Fairview Park Marriott. Supporters generously gave over \$170,000.

Held a special **SPARK film screening** to learn more about LBD through Robin William's journey and in discussion with the Lewy Body Dementia Association.

## November 2022

Held a **Sage Table Event** to fight isolation in the LGBTQ+ community through the power of intergenerational connections, with Aging Rainbows.

## January 2023

Started a new **LGBTQ+ Care Partner Support Group** specifically designed for the unique needs of LGBTQ+ care partners. Insight was also awarded **Platinum level SAGECare LGBTQ+ Cultural Competency Training**.

Launched a **virtual reality program** with Viva Vita for engagement, mental wellness, and quality of life thanks to Alzheimer's Foundation of America and ECHO of Northrop Grumman.

Partnered with Dr. Brittany Lamb to offer a **new on-demand course**, Making Your Medical Decision Plan.

## February 2023

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free** for the 12th year in a row to renew at the highest level of licensure.

Dr. Carl V. Hill, Alzheimer's Association, gave a presentation on **Disparities in Dementia Care** and what comes next for more inclusive research.

## March 2023

**Reconnections Old Town** launched in partnership with Elancé of Old Town. The program is for those with MCI or a recent dementia diagnosis.

Began **three new Memory Cafes**, in partnership with Arcola Church, Falls Church Arts and Overture Fair Ridge.

## May 2023

At the 3rd annual **Legacy Breakfast** at Westwood Country Club, guests enjoyed a fantastic morning with the Sentimental Journey Singers, Insight stories, and care partner testimonials.

## June 2023

Insight's **Caregiving at a Glance guidebook** is now available in county libraries across the region.

Almost \$270,000 was provided to 26 families in **financial assistance** throughout the year!

## Individuals Served: 6562

*37% increase from last year!*

### Care

Day Center

**170**

Reconnections

**123**

Memory Screenings

**69**

### Support

Support Groups

**1313**

Consultations

**284**

Memory Cafe

**356**

SHARE Program

**56**

Mind & Body

**15**

### Education

Classes

**1540**

Webinar Views

**1908**

Prof Training

**722**

# Family Survey Results



**94% agree they have more time to do work or other needed things since becoming involved at IMCC.**

“My spouse has a safe place to be that he finds fun and engaging while I am at work. He has made friends and enjoys the socialization. That is invaluable to me.”



**96% agree care partner programs help build my skills, knowledge, and abilities as a care partner.**

“The emotional and practical support, the education, the compassion and understanding gained from interaction with other caregivers is what I like.”

“When this started I knew nothing and was all alone. The support group has been a great place to learn about resources and get ideas on how to take care of things.”



**85% agree care partner programs have helped manage my stress as a caregiver.**

“The stress of caregiving at home is unbearable, I have nothing to look forward to except for the days my loved one is in daycare, or when I attend the support group meetings, and the friendships the understanding friends, unlike any other, that I’ve made thanks to Insight and that I call during outside of Insight. I am grateful for the family I only have with Insight.”

**98%**

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

“The staff are the most helpful and wonderful people I have met. It is evident they love what they do and have made my life and my wife’s life substantially better. I cannot thank them enough. I would highly recommend them to anyone requiring dementia support.”

**96% agree staff made a sincere effort to help them adjust.**

**92% agree activities are appropriate and therapeutic.**

**89% agree their family functions better on days they attend.**

**100%**

*agree day center staff treats us warmly and respectfully.*

“My Dad always has a good day when he goes to Insight. Everyone is very caring and attentive to my Dad. He loves coming to the center and sometimes does not want to come home with me.”

**98%**

*agree their family member is safe while at the day center.*

“I deeply appreciate that Insight makes me feel completely confident that my loved one is safe, happy and well cared for. I am grateful for the hours of precious relief from the incessant demands of caregiving.”

**100%**

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

“Everyone I have come in contact with was kind and helpful, as well as more than willing to meet me where I was.”

“Staff are incredibly kind and patient. They truly make all involved feel like a family.”

**97% agree staff is responsive and professional.**

**91% agree the program has helped my loved one feel connected.**

**91% agree activities are appropriate and therapeutic.**

**100%**

*agree Reconnections staff treats us warmly and respectfully.*

“Greatest benefit of Insight is the access to staff, who are always professional, thoughtful and caring.”

**94%**

*agree Reconnections has provided increased socialization opportunity.*

“My husband participates fully thanks to the wonderful facilitators. This is wonderful to see.”

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