



FY24 at a Glance

July 2023

Insight's **Caregiving at a Glance guidebook** is now available in county libraries across the region and was accepted into the Library of Congress!

Insight was honored to be selected by **Compass Pro Bono** for an 8-month strategic planning project.

September 2023

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free** for the 13th year in a row to renew at the highest level of licensure.

Insight offered a "**New Alzheimer's Treatments Q&A**" with Dr. Turner from the Georgetown Memory Disorders Program. Over 200 joined us online to discuss Leqembi and other treatments.

Partnered with George Mason University's Social Work Department for a research study on the **Obie for Seniors** interactive gaming system!

October 2023

We were featured on **News Channel 7**,

highlighting our center as a "lifeline" for families living with dementia.

12th Annual Paintings & Pairings fundraising event was bigger than ever at the Westfields Marriott. Supporters generously gave over \$190,000.

January 2024

Insight began incorporating the **Otago Exercise Program**, a balance and strength training program, which has been shown to decrease fall risk 35 to 40% in older adults.

Insight began offering **Self-Paced Learning!** Our first course is "Caring for You: Mind, Body & Soul," developed in partnership with The Martha W. Goodson Center.

February 2024

January 2024 marks the beginning of **Insight's 40th Anniversary!** As of February, we have served over 40,000 through our programs and services.

Insight began partnering with the Workhouse Arts Center in Lorton, we began offering weekly **Dance for Brain Health classes**.

March 2024

Developed a partnership with **See Me at the Smithsonian** to offer virtual museum visits for our early stage Reconnections participants!

April 2024

Insight was honored to receive the 2024 **Rotary Creator of Hope Community Service award** from the Tysons Rotary.

May 2024

At the 4th annual **Legacy Breakfast** at Westwood Country Club, guests enjoyed a fantastic morning with the Sentimental Journey Singers, Insight stories, and care partner testimonials.

June 2024

Melissa Long, our Director of Education and Support, was honored with a **2024 Equality Loudoun Pride Award** for mission in service to the queer community and the Loudoun community!

Over \$203,000 was provided to 20 families in **financial assistance** throughout the year!

Individuals Served: 10,452

37% increase from last year!

Care

Day Center

176

Reconnections

136

Financial Assistance

20

Support

Support Groups

1773

Memory Cafe

363

Consultations

357

Memory Screenings

138

SHARE Program

30

Education

Classes

2007

Webinar Views

4345

Prof Training

1107

Family Survey Results



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

“Insight is AMAZING! I would not be able to keep my mom at my house for as long as she has without Insight.”



93% agree care partner programs help build my skills, knowledge, and abilities as a care partner.

“I love how thorough and knowledgeable everyone is at Insight. There is so much information that each individual can provide, it’s really incredible. And the resources that you all of amassed are fantastic.”



88% feel more connected and supported since becoming involved with Insight.

“I don’t feel alone and that I have a place to go to when I have questions or when things feel overwhelming. My support group has really changed my perspective on how I care for and live with my loved one and I think that has helped our situation greatly. The depth of knowledge and the variation in activities Insight provides really covers the needs of myself as a caregiver and my loved one.”

98%

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

“We’re incredibly grateful for Insight Memory Care Center and the compassionate individuals who work tirelessly to ensure our family member receives the best care possible. Their dedication and kindness make a world of difference in our loved one’s life, providing comfort and support every step of the way.”

100% agree staff made a sincere effort to help them adjust.

92% agree activities are appropriate and therapeutic.

90% agree their loved one functions better on days they attend.

100%

agree day center staff treats us warmly and respectfully.

“The people who work there are heroes. Kind, intelligent, thoughtful, professional, and genuinely caring. They really are the best people among us.”

100%

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

“We love that you keep everyone moving, that you offer so many safe activities that someone is bound to enjoy at least some, if not all!”

97%

have found the Reconnections group helpful.

“I love the program for my loved one and the support groups have been especially helpful for me. I know my loved one is cared for and treated with respect. Everyone on staff has been extremely helpful.”

97% agree staff made a sincere effort to help them adjust.

93% agree the program has helped my loved one feel connected.

90% agree their loved one functions better on days they attend.

100%

agree Reconnections staff treats us warmly and respectfully.

“The staff is wonderful and caring. They treat all attendees and family members with patience and respect. They are friendly and willing to answer any and all questions.”

97%

agree Reconnections has provided increased socialization opportunity.

“I was really amazed that after the first trial day, she was enthusiastic and started thinking she was supposed to be going more. She really enjoys the other participants and the activities.”