



# early stage PROGRAM GUIDE

Plan for the Future | Stay Engaged | Find Support | Learn More

When you receive a diagnosis of Mild Cognitive Impairment (MCI), Alzheimer's or dementia, it's overwhelming to say the least. You're probably asking "now what?" or "how can I help my family with this?"

**You're not alone!** Our goal at Insight Memory Care Center is to assist individuals with memory loss and their families right from the beginning of the journey. We can guide you through the first steps and help you have the best quality of life possible as you and your family live with memory loss or dementia.

“ I feel confident that my husband is in a safe, supportive and stimulating environment and it gives him the socialization he really needs. It also gives me the free time I need (without guilt)! ”

## Early Stage Programs

Insight Memory Care Center's early stage programs promote brain health and building cognitive reserve, while creating connection with peers in a supportive environment. Programs are offered in-person and online for both individuals and families who have received a diagnosis of mild cognitive impairment (MCI) or have early stage dementia. These programs offer opportunities for physical, emotional, creative, and cognitive stimulation through recreational therapies and learning experiences, and provide respite for care partners.

### 1 Plan for the Future

- **Diagnosis Dementia Checklist** [InsightMCC.org/checklist](https://InsightMCC.org/checklist)  
*Download our handy guide and get tips emailed to you.*
- **SHARE Program** [page 4](#)  
*Five-week program for partners to develop a plan for future care.*

### 2 Stay Engaged

- **Mind & Body Workshop** [page 6](#)  
*Multi-week program series for care partners and their loved one to attend together, offered throughout the year.*
- **Reconnections** [page 8](#)  
*Regular gathering of individuals with mild cognitive impairment or early stage of dementia.*

### 3 Find Support [page 10](#)

- Early Stage Care Partner Support Group
- Memory Cafe
- Consultations

### 4 Learn More [page 10](#)

- Classes
- Resource Library and Blog
- Memory Screening



An exercise to begin creating a SHARE Plan.

## SHARE Program

A research-tested program developed by dementia experts through funding from the National Institute on Aging, SHARE provides families a hands-on way to plan for the future together. SHARE empowers the early stage individual and their primary care partner as “SHARE partners” to discuss values and preferences for care, build a strong network of support, and create a plan to rely on both now and in the future.

## Plan for the Future

The SHARE Program is a series of 5 weekly sessions, and an optional 6th family session. Each meeting works towards building your care plan:

- **Welcome to SHARE:** Learn about symptoms, diagnosis, and what to expect. Take the first steps towards planning for the future by discussing care values and their role in decision making.
- **SHARE Preferences for Care:** Discuss preferences for who would help if you and your SHARE partner needed assistance in the future. Start the process of building your SHARE Plan and strengthening your network of support.
- **Building your SHARE Plan:** Construct your SHARE Plan to reflect who will help support you both should you need more assistance in the future, and also begin to develop strategies for sharing your Plan with others and putting it into action.
- **Taking Care of Yourself and Each Other:** Brainstorm ways to reduce stress and to stay engaged in healthy activities. Strategize ways to support your and your SHARE partners’ activity goals.
- **SHARE Family Session (optional):** The optional family session will allow you to discuss with family your SHARE Plan and the issues that are important to you both. Involving others will strengthen your partnership as well as your family’s support.
- **Maintaining the SHARE Plan:** Review your SHARE Plan one last time, discuss any challenges you see in implementing it, and work out a strategy for maintaining, revising, and acting upon it.



**Locations:** Virtual or any convenient location



**Time:** Any convenient time for you and your SHARE Counselor



**Registration:** Please contact us to register or for more information on the program, and if it is a good fit for you and your loved one.



**Learn More:** [InsightMCC.org/share](https://InsightMCC.org/share)



Workshop attendees doing a Lego Serious Play activity together in Sterling.

## Mind & Body Workshop

The Mind & Body Workshop provides innovative interventions for families who have an early diagnosis of MCI or another cognitive impairment. The workshop is a multi-session program series for both the early stage individual and care partner to participate together. Using activities that promote brain health, creative expression, movement, and well-being, the sessions help both parties adjust to and live well with memory loss.

## Stay Engaged

The workshop series is offered several times throughout the year, utilizing seasonal topics and themes to promote cognitive enhancement, creative expression, movement, purpose, reflection, and overall well-being while living with memory loss.

Each meeting of the Mind & Body Workshop includes:

- **Welcome**  
4:00 pm – 4:15 pm  
Arrival and check-in, time for catching up and meeting new friends!
- **Group Activities**  
4:15 pm – 5:00 pm  
Both care partner and participant engage in activities together, based on program session topic.
- **Breakout Sessions**  
5:00 pm – 6:00 pm  
Care partners join in a support group with an education component, and participants continue peer support activities based on the program session topic.
- **Dinner and Socialization**  
6:00 pm – 6:30 pm  
Families come back together to socialize over dinner, to further promote social engagement and peer support.



**Locations:** Fairfax, Sterling



**Time:** 4:00 pm to 6:30 pm, offered weekly



**Registration:** There is a short application and assessment process for the program to ensure a good fit for both participants.



**Learn More:** [InsightMCC.org/MBW](https://InsightMCC.org/MBW)



Participants engage in an art project at Reconnections Fairfax.

## Reconnections

Reconnections promotes brain health and building cognitive reserve, while creating connection for those living with mild cognitive impairment (MCI) or in the early stages of dementia. Together with professional staff, small groups participate in discussion groups, recreational therapies, learning experiences, and all have the opportunity for peer support and to socialize in a safe, stigma-free setting.

## Stay Engaged

After starting with morning coffee and conversation, a typical day includes a variety of activities based on the interests of the group.

Types of activities include:

- **Cognitive Engagement:** To maintain a current level of function in cognition, including memory, concentration, and attention. *Activities include brain games, discussions, and learning experiences.*
- **Creative Expression:** To promote creativity and imagination utilizing self-expression. *Activities include visual arts, music, drama, and creative writing.*
- **Movement:** To support intellectual, emotional, and motor functions of the body. *Activities include yoga, tai chi, and dance.*
- **Purpose:** To promote a sense of purpose and belonging, as well as to maintain involvement in the community. *Activities include volunteerism and intergenerational activities.*
- **Reflection:** To enhance well-being and connectedness with self. *Activities include journaling, meditation, and memoir writing.*
- **Social Engagement:** To stay connected to peers in a safe, supportive environment. *Activities include coffee and conversation, catered lunch, and peer support groups.*
- **New Learning:** To acquire new, or modify and reinforce existing knowledge and skills. *Activities include discussion groups, educational workshops, and guest lectures.*



**Locations:** Fairfax, Sterling, Alexandria, Virtual



**Time:** 10:00 am to 3:00 pm, Monday through Friday



**Registration:** There is a short application and assessment process for the program to ensure a good fit for the early stage participant.



**Learn More:** [InsightMCC.org/reconnections](https://InsightMCC.org/reconnections)

# Find Support

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## Early Stage Care Partner Support Group

Care partners in like circumstances have the chance to share practical advice, discuss frustrations and fears, and connect with others who are on a similar journey in a secure group environment.

## Consultations

Every situation is unique. Insight can meet with families in person, virtually, or by phone to discuss a family's specific needs or challenges and make recommendations of area resources that may be appropriate.

## Memory Café

The café is an opportunity to meet with others for support, companionship, and fun! The program provides structured activities that individuals can participate in with their loved one to promote reminiscence, cognition, and engagement.

# Learn More

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## Classes for Care Partners

Free specialized classes are offered for care partners to build their skills and confidence while learning more about dementia resources in the community. Classes and workshops are offered on a variety of topics throughout the year, both in-person and online.

## Resource Library and Blog

Insight provides articles and recorded class sessions in our Resource Library for family care partners to learn more at their own pace. Insight's blog provides helpful caregiving tips and resources for those interested in learning more about dementia and memory impairment.

## Memory Screenings

We offer free, confidential, face-to-face memory screenings and educational materials to people with concerns about their memory or who want to check their memory now for future comparison.

*For more information:*  
**InsightMCC.org/earllystage**  
703-204-4664

## Questions?

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703-204-4664 x134

“ I took full advantage of the programs. In all honesty, I could not have gotten through this dementia journey without Insight. ”

# About Us

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Insight Memory Care Center provides quality care for families living with dementia. We do this through specialized day programs for individuals living with dementia, support for care partners and families, and education and engagement opportunities for the wider community. A nonprofit organization serving Northern Virginia since 1984, Insight offers a spectrum of holistic care, with a vision of a community where those affected by memory impairments can achieve the highest quality of life.

Insight offers quality day programs for individuals in all stages of dementia. Our signature program, the Adult Day Health Center, provides a safe, engaging, and therapeutic environment for individuals with mild to late-stage memory impairment. It is the only dementia specific day center in the DC metro area and still the only adult day health center in Northern Virginia with programs for people in the later stages of dementia. For those with Mild Cognitive Impairment (MCI) or early memory loss, Insight's early stage programs promote brain health and building cognitive reserve, while creating connection with peers in a supportive environment.

As families are also affected by the disease, Insight offers support programs specifically for care partners to reduce stress, plan for the future, and build a network of support that provides practical solutions to caregiving challenges. Our innovative education programs and virtual resources help family members remain confident and effective in their caregiving roles and increase awareness and understanding of the disease in the community.

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## **Insight Memory Care Center - Fairfax**

3953 Pender Drive, Suite 100, Fairfax, VA 22030

## **Insight Memory Care Center - Sterling**

45945 Center Oak Plaza, Suite 190, Sterling, VA 20166



**InsightMCC.org**

**703-204-4664**

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