



2018 Highlights

“ I love Insight because it genuinely cares and improves the quality of life of those with a diagnosis and those who care for them. It’s a great joy to be a part of a community that brings hope, laughter and connections in the midst of dealing with such a devastating disease that can feel so overwhelming. ”

2018 at a Glance

July 2017

Christi Clark presented with GMU on the positive outcomes of the Music and Memory program at the **International Association of Gerontology and Geriatrics (IAGG) World Conference**.

September 2017

Presented at the **National Adult Day Services Conference** on promoting the benefits of adult day health centers.

January 2018

Received pro-bono services for an outcomes database to measure engagement and interventions, **improving our programming**.

March 2018

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free for the 7th year in a row** to renew at the highest level of licensure.

April 2018

The early stage **Reconnections added a fourth day of programming**, providing peer support and socialization with others in the early stages of a memory impairment.

Family and friends supported Insight at the Fairfax County Board of Supervisors budget hearing to advocate for continued funding.

May 2018

Launched 3 distinct levels of care within our day center to best meet the needs of participants through structured programming designed for the abilities of everyone attending.

June 2018

Insight continues our work with George Mason University to promote the **Music & Memory program**. We have helped create training videos to be used at facilities across the region.

100 volunteers and interns provided 6,475 hours of service. We partner with several universities to provide students with practical experience.

Individuals Served: 2487

Care

Day Center	117
Reconnections	39
Mind and Body	24

Support

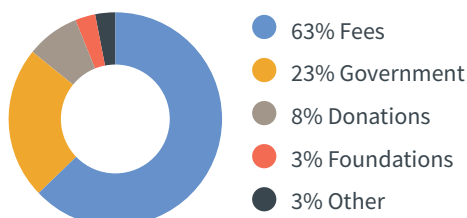
Support Groups	436
Consultations	268
Memory Cafe	63
SHARE Program	38

Education

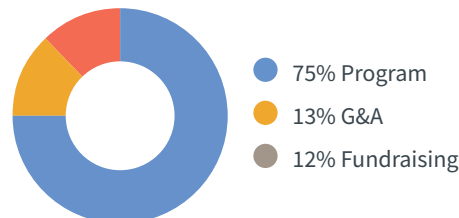
Classes	1258
Prof. Seminars	135
CDP Training	109

Financials

Income



Expenses



\$205,736

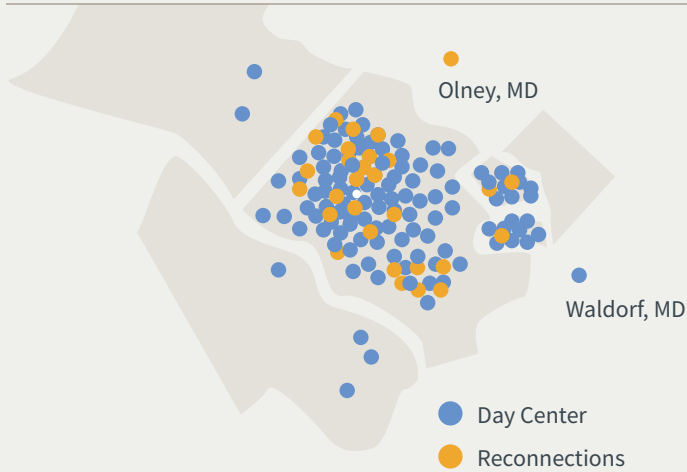
scholarships to 18 families to attend the Day Center

\$2.6 million

operating budget for FY18

Who We Serve

Location



Highlight: Growth in Support Programs

Having a full-time staff person dedicated to our education and support programs allowed us to grow our support services substantially compared to last fiscal year!



Day Center

● 41% male
● 59% female



117 participants

served in the mid to late stage program

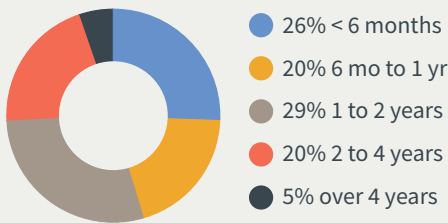
7¼ yrs

longest stay

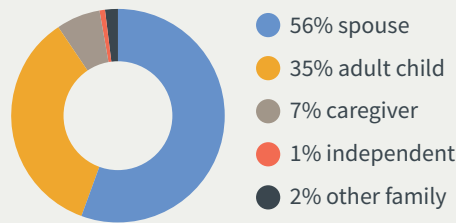
18 mos

average stay

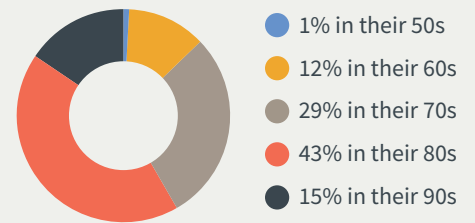
Stay



Caregivers



Age



Reconnections

● 72% male
● 28% female



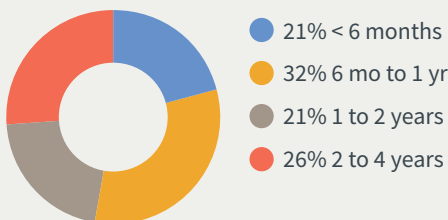
39 participants

served in the early stage program

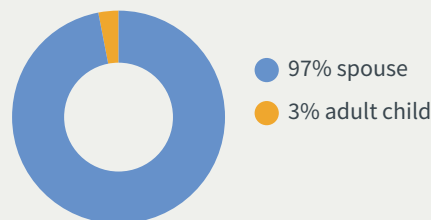
5 participants

have attended since 2015 when it began!

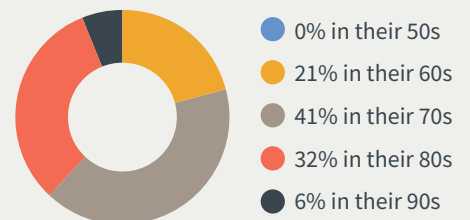
Stay



Caregivers



Age



In their own words...



95% have more time to do other things they want to do.

“Having my husband in your care during the day not only helps him, but enables me to lead a semi-normal life. I am very impressed with the pleasant, welcoming, and almost jovial atmosphere created by your staff. They are an inspiration to all caregivers.”



86% learned practical, effective strategies to help caregiving.

“The education, support, and individualized consultations have kept my husband and me “afloat” during this most difficult time. The neurologist merely gave my husband a diagnosis, but no assistance as to where we might get help for our new daily life. Insight’s employees have helped us every step of the way with the challenges we have faced. I cannot imagine how we could have managed without the programming and concern they have offered us. They also provided us with a new set of friends who were in the same situation.”



95% agree that support services reduced caregiver stress.

“The support groups have been helpful in my adjustment to reality and acceptance of taking one day at a time.”

“Support group was wonderful and kept me going. The coping activity was great. Enjoyed the laughter, projects, and being silly.”

100%

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

“IMCC is a gem. The daycare program was great, even though my wife could not remember, she was clearly in a better frame of mind when she spent time at Insight.”

95% agree that Day Center activities are appropriate and therapeutic.

97% agree that their family member is safe while at the Day Center.

94% find the Day Center care plans helpful and informative.

97%

agree staff made a sincere effort to help their loved one adjust.

“My husband and I were very hesitant and now we both enjoy a variety of IMCC programs, classes, Share Program, Support Services, and the compassionate knowledgeable staff.”

97%

agree staff treats them warmly and respectfully.

“When my mother sees a member of the staff at the door she smiles and says they are waiting for me. Everyone is so nice, respectful and pleasant that I sometimes want to stay!”



87% agree their family member functions better on days that they attend Reconnections.

“The staff and programs are exceptional. My mother definitely is more cognitive on the days that she’s attended.”

100%

agree that Reconnections activities are appropriate and therapeutic for my loved one.

“It gives him social interaction at an appropriate level and pace for him. I find the Reconnections staff to be very aware of individual strengths and challenges. They step in seamlessly to make sure everyone can participate in an activity.”

100%

agree that Reconnections has provided opportunity for more socialization and peer support.

“My husband loves the Reconnections program. He says going there is the highlight of his activities. His decline is much slower because of his interest in meeting other participants there, and being exposed to a wider range of topics.”