



FY20 at a Glance

July 2019

Insight and Goodwin House, with the support of Fairfax County, began **Dementia Friendly Fairfax** as an initiative to support those living with dementia in the highest quality of life.

August 2019

Insight took our **5th annual Caregiver Cruise** to sunny Bermuda to enjoy the sights, great weather, and fun with friends on a supportive vacation.

October 2019

At our annual Paintings & Pairings event, Insight awarded our **Excellence in Memory Care Award** to Carol Blackwell for her work in developing and promoting Memory Cafes across Northern Virginia.

November 2019

Our annual monitoring visit from the Virginia Department of Social Services was completely **deficiency free** for the 9th year in a row to renew at the highest level of licensure.

December 2019

Sentimental Journey Singers, the region's first choral group specifically for those living with memory impairment, held their first concert open to the public.

January 2020

Insight **launched our blog** to provide helpful caregiver tips and resources for those interested in learning more about dementia and memory impairment.

February 2020

Insight took our **6th annual Caregiver Cruise** down the Southeast Coast, vacationing together in a safe and supportive environment.

March 2020

Following guidance of state and local officials, Insight **closed our doors** for safety during the COVID-19 pandemic.

Almost immediately after closing our doors, Insight **moved almost all of our programs virtually** to continue to support our caregivers, participants, and families.

May 2020

Our **community rallied in support**, donating over \$45,000 through Giving Tuesday and our Together campaign in response to the pandemic.

June 2020

Launched **Insight at Home**, a new virtual activity program to reach individuals living with memory impairment outside our center walls.

Insight continues our work with George Mason University through a **research study on movement patterns** to better track wandering in dementia.

Insight has also partnered with GMU to provide the **Timeslips** program, bringing a sense of purpose through creative engagement.

Continued our partnership with Marymount University for an evidence-based best practice **balance program pilot study**.

\$235,415 was provided to 18 families in financial assistance. Financial assistance ensures families can utilize our day center regardless of income.

Individuals Served: 3535

7% increase from last year!

Care

Day Center **116**

Reconnections **50**

Mind and Body **14**

Support

Support Groups **684**

Consultations **321**

SHARE Program **38**

Education

Classes **1599**

Prof. Seminars **429**

Webinar Views **284**

Family Survey Results



93% feel more connected and supported with IMCC.

“I like how connected it makes us feel. There is a sense of community.”

“I appreciate how the staff continuously and closely work together to adapt the existing and add new wonderful stuff. I’m so grateful.”



95% are more able to cope with caregiving involved with IMCC.

“The environment and day programs keep my hubby engaged - more so than I can do on my own. It is a safe environment where he gets the attention he needs and the socialization recommended by his neurologist. I’m so happy and relieved that I found IMCC - it has been a great experience for both of us.”

“Love everything you do- so much heart and love. Staff is amazing. Offerings are varied and helpful.”



95% agree that education programs built skills, knowledge and abilities as a caregiver.

“The staff is knowledgeable and caring. Overall attitude and approach of staff to this devastating disease is positive at all times. So helpful I cannot even express how grateful I am to have found you.”

100% were satisfied overall with the care and services their family member received.

“My mother thrived there and felt needed, loved, and comfortable in her surroundings.”

“Awesome commitment and creative attention given to taking care of those we love.”

94% agree that Day Center activities are appropriate and therapeutic.

100% find the Day Center Care Plans helpful and informative.

91% agree their family member functions better on days attended.

100%

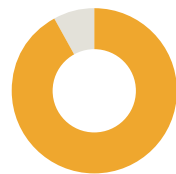
agree staff made a sincere effort to help their loved one adjust.

“The staff really get to know the caregiver as well as the participant which leads to more customization for everyone. It really feels like a really close-knit family.”

100%

agree their family member is safe at the Day Center.

“Friendly, encouraging staff with everyone. I like knowing my loved one is in a very safe and caring atmosphere with lots of social interaction throughout the day.”



94% agree that Reconnections has provided opportunity for more socialization and peer support.

“I appreciate socializing with others having the same problems as my wife, and the diversity of the daily programs, especially art activities provided (my wife was an art teacher).”

100%

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

“The staff cares deeply about the participants and treats everyone as an individual.”

100%

agree staff treats me and my family members warmly and respectfully.

“The staff is helpful, engaged, and fun to work with. The virtual programs are interesting and enjoyable.”