



## PROGRAM DETAILS

### What is Insight at Home?

Insight at Home is a way to participate with Insight Memory Care Center's quality dementia care programming from the comfort of your own home!

Insight at Home is a virtual group program designed to encourage engagement and foster meaningful relationships with other members. Each week the program will incorporate different topics into discussion and give participants activities to work on while at home. Learn more at [InsightMCC.org/InsightatHome](https://InsightMCC.org/InsightatHome)

### Who should join?

The group is designed for those in the early to moderate stages of dementia who are interested in reading, meaningful discussion, social engagement, and activity while in the comfort of their own home.

### PROGRAM TIMES

Participants can attend up to 5 days per week. Sessions are held Mon/Wed: 10:00am to 11:00am and Tues/Thurs/Fri: 11:00am to 12:00 noon.

### COST

5 days per week: \$575  
4 days per week: \$500  
3 days per week: \$425  
2 days per week: \$350  
1 day per week: \$175

### REGISTRATION

There is a short application and assessment process to ensure a good fit. Please contact Katelyn Sloan at [katelyn.sloan@insightmcc.org](mailto:katelyn.sloan@insightmcc.org) or 703-204-4664.

## ABOUT INSIGHT MEMORY CARE CENTER

Insight Memory Care Center is a nonprofit adult day health and resource center providing specialized care, support, and education for individuals with Alzheimer's disease and other memory impairments, their families, caregivers, and the community. 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. To learn more about our Virtual Services, visit our website at [InsightMCC.org/virtualservices](https://InsightMCC.org/virtualservices)