

Impact Report

2021-2022



Memory
Care Home
Solutions



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A Letter from our Founder



First and foremost, I would like to thank all of our donors, board members, partners, staff and friends for your commitment and support over the last 20 years. I started Memory Care Home Solutions, as a result of being part of a caregiving team for my mother-in-law who had Alzheimer's and identifying the need for insight, guidance and training that our family and father-in-law desperately needed. Now we are nearing our 20th year of operation!

The mission of MCHS is to extend and improve quality time at home for families supporting and caring for loved ones with memory loss, dementia, and Alzheimer's disease, with a vision that all who may benefit from services be able to access them. We could not successfully deliver this mission every day without you. Last year, our program enrollment increased by 14% and we touched the lives of over 55,000 individuals through direct service, valuable online resources and outreach & education.

As we enter the third decade of delivering service that highlights dignity, we are poignantly aware of the demographics that illustrate the dire need for dramatic expansion of navigation and treatments for families caring for someone with dementia. In the United States alone, 10,000 people turn 65 every day making the issue of dementia a national population health issue. Dementia care is most importantly, a family issue with 80% of those with dementia being cared for by a family member or friend at home.

With your help we want to initiate new conversations to take this issue to a national level and I'd welcome the opportunity to have such expansive and strategic conversations with you. Please review our current service delivery data and feel free to reach out to talk to further with me about how your support and Memory Care Home Solutions can change with the times to help those in need on a larger scale.

With gratitude,

Who We Are

Staff

Leadership

Lisa Baron

Jill Cigliana

Maggie Holter

Sarah Schoenig

Program

Kari Burch

Jan Fabick

Sheila Lynch

Sarah Pease

Rikka Skillrud

Amy Sobrino

Samantha Stewart

Emily Townley

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Administration

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Executive Director



Alzheimer's Community Service Award
Recipient
Anna Manning

Mission and Values

OUR VALUES

Accessibility

We provide customized training on convenient, affordable, easy-to-implement solutions to make home and daily life safer, less stressful and more meaningful. We work diligently to provide our services to all people who can benefit.

Empowerment

We equip families with caregiving skills and strategies, knowledge of the dementia disease process, and helpful resources and tools to manage difficult behaviors and symptoms.

Compassion

We deliver individualized, family-centered, caring service, which respects, honors, and validates the contributions of care partners, with a focus on the underserved.

Excellence

We utilize evidence-based methods, quality measures, and outcomes analysis to provide the highest level of service, professionalism, and results to our clients and partners. We are deeply committed to responsible stewardship of the organization's assets and resources.

Collaboration

We actively listen and partner with families, with our inter-disciplinary staff, with the community of healthcare and aging providers, and with donors, funding sources, volunteers, and academic experts in the fields of dementia and aging.

OUR MISSION

Memory Care Home Solutions exists to extend and improve quality time at home for people living with dementia and their families.



Hear What Our Families Are Saying



"Memory Care Home Solutions has been absolutely crucial in helping our family understand, cope, and overcome the challenges of the disease of Alzheimer's."

"From the bottom of my heart, your voice of calm kept my head above water on the days that I felt I was drowning."

"I learned a lot from you. You were not just approachable, but your visits brought me comfort and found answers for me I didn't know there were. I appreciate your kindness, gentle spirit, compassion, positivity, and patience. Thank you for all your help!"

"When one is facing burnout and can no longer sort or analyze negative feelings connected with long term caregiving, it is a wonderful blessing to have skilled professionals come to the rescue."

"Dementia experts have been the most knowledgeable, caring, compassionate, friendly, and supportive! MCHS has supported my efforts to provide quality and dignified care!!"

"I appreciate the superb listening skills, thinking through with my brother and me the specific problems we have been encountering with ideas and encouragements, generous and persistent offer of resources and time, experienced and professional perspective to help us assess where we are in the progression of my mother's illness and our learning how to cope. I'm really grateful!!"

Outreach & Education

MCHS is committed to helping healthcare professionals and care partners across the nation learn best practices in dementia care at home. To disseminate evidence-based dementia approaches, we host professional continuing education events and workshops locally and with national partners, including American Society on Aging and the Public Health Center of Excellence on Dementia Caregiving. We also connect with the community through corporate and public health fairs and events in residential care settings.

DEMENTIA HACKS: SOLUTIONS FOR EVERY STAGE

On April 8th, we hosted a successful virtual continuing education event. The all-star line-up of experts included Jacquelyn Revere of @MomofmyMom, Dr. John Morley from Saint Louis University, Stacey Schultz from St. John's Community Care, Dr. Michelle Schultz from Visiting Nurses Association as well as dementia experts from Memory Care Home Solutions.



3,723

People reached through MCHS educational workshops.

575

People Reached by Health Fairs

Feedback from our attendees:

- "Thank you! My knowledge was enhanced and the presentations were excellent."
- "I loved how organized the entire webinar was from starting with Mild Dementia and ending with Severe Dementia/Palliative Care Etc. Every speaker was knowledgeable and great to listen to! It was also great to hear personal stories to help get an understanding of what individual's suffering from the disease, or their caregivers thoughts and experiences were. It was a great experience!"
- "Excellent presentations from knowledgeable people. It was a constructive and positive way to better manage Alzheimer's Disease."
- "INFORMATIVE AND ENGAGING!"

Implementing Care Navigation

Every family affected by dementia has unique needs, and we have expanded services to customize care throughout the course of dementia!

All families, regardless of dementia stage, benefit from **dementia navigation**. This service begins with a family consultation to discuss concerns and identify priorities related to caregiving. Dementia Navigators provide education, resources, strategies, and referrals specific to each family's needs and offer ongoing consultation for 12 months or more.

For families who are experiencing the challenges of moderate-stage dementia, our **occupational therapy** services are available for detailed home assessment and hands-on training to help families improve caregiving skills. This is an intensive, in-home intervention for families who are interested in solving problems in the daily routine and learning strategies to address difficult behavioral symptoms.

MCHS also offers **individual counseling** with clinical social workers for family care partners in need of additional support to adjust to the caregiving role and learn stress management strategies.



Thanks to generous support from Cigna Foundation and The Adira Foundation, MCHS began formalizing person-centered Dementia Care Navigation and hired a Dementia Navigator to increase access to healthcare and decrease gaps in service.

Program Impact

97%

Would Recommend
MCHS to a Loved One

14%

Increase in Program
Enrollment



56%

Increase in Online
Resource Engagement

1,815

Family Training
Sessions

37%

Increase in Referrals

766

Dementia Support
Calls

91%

Of Caregivers Report
Satisfaction

77%

Of our Families Have
Incomes Below
\$50,000



2,286

Hours Spent with
Families

81%

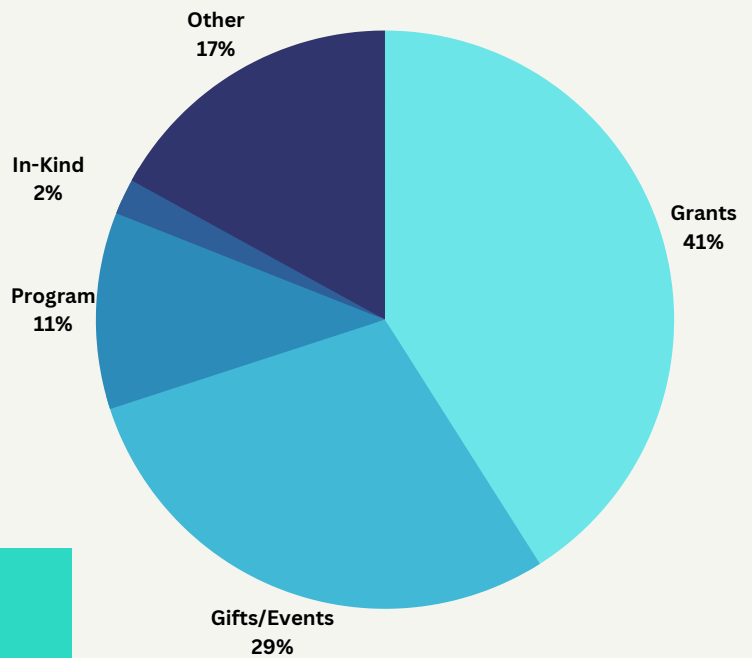
Of Caregivers Report
Reduced Stress

FY22 Financials*

June 2021-May 2022

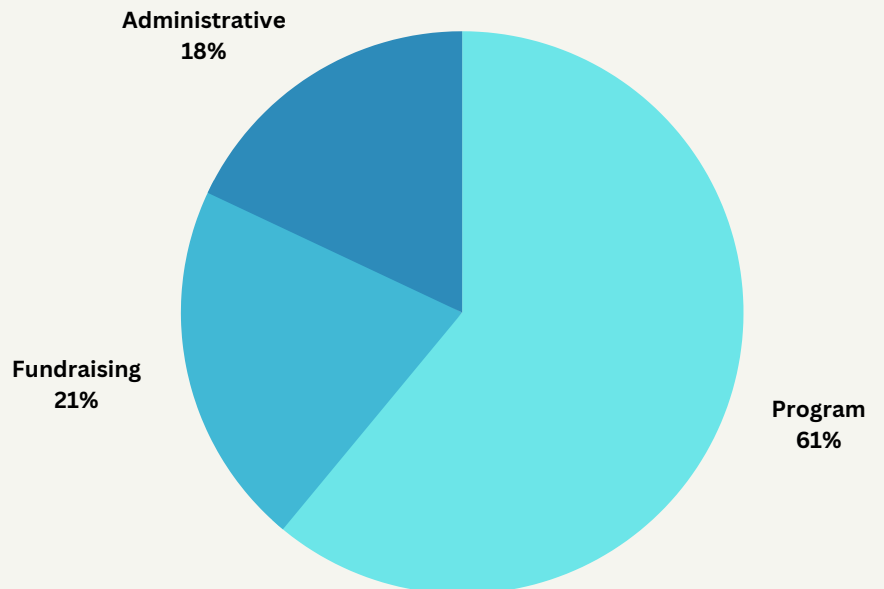
Income

\$1,728,186



Expenses

\$1,504,570



*Unaudited Financials

With Gratitude We Recognize Our Generous Annual Supporters

\$25,000 and Above

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\$2,500-\$4,999

Anders CPAs + Advisors
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Esse Health Foundation
Earle and Suzanne Harbison

Your contribution directly impacts the lives of our
families.

\$2,500-\$4,999 Continued

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Jill Neuman
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William Peck

Because of you, more families have hope and quality
of life at home.

\$500-\$999 Continued

Lauree Peterson-Sakai
Pledgeling Foundation
RN Services of St. Louis
Thomas Rollins
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Thomas Stern
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Lee Wallace

Special thank you to our donors who requested to be anonymous.



We are thankful for your continued support of our programs.

Looking to the Future

Continuing Education Event

Stay tuned for more information on our annual CEU Event. MCHS and Saint Louis University are hosting an all day educational event, at Il Monastero on April 28, 2023.

Sponsorship opportunities will be available.



Launching Results of Strategic Planning Efforts

People living with dementia and their care partners deserve access to care that improves their dignity and quality of life. As Memory Care Home Solutions enters its third decade, we will capitalize on our success and excellence to improve the standard of care for home and community based dementia treatment.

Celebrating 20 Years of Hope & Impact

For over 2 decades, MCHS has been a lifeline for families and has touched the lives of over 300,000 individuals. We are committed to our vision that all people will be provided affordable access to this valuable and proven intervention.



Keeping Families Together Longer



**MEMORY CARE
HOME SOLUTIONS®**

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