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Institute on Aging Opens New Enrichment Center in The Presidio Serving Adults with Dementia

SAN FRANCISCO, September 16, 2019 — [Institute on Aging](http://www.ioaging.org), one of the California's largest non-profits dedicated to accessible living, health and community programs for seniors and adults living with disabilities, announces the opening of its Enrichment Center in The Presidio. The new center will be the home of IOA's [enrichment program](#) for older adults with dementia and other cognitive impairments, which includes cognitive-stimulating programs such as art, music and exercise, nutritious meals prepared by a Michelin recommended family-owned business and transportation to and from participants' homes.

Dementia Care within a Natural Setting

The Enrichment Center, located at 386 Arguello Boulevard, San Francisco, Calif., 94129 benefits from the natural beauty and tranquility of The Presidio. The historical building housing the center has expansive windows that allow in a significant amount light and offers spectacular views. Easy access to the exterior space surrounding the building will enable IOA's staff to regularly take participants outside to enjoy outdoor activities such as walks, yoga, stretching and concerts, plus gardening activities in the Center's garden area.

Outdoor activities are especially beneficial to those with dementia, based on a [research study](#) by Kyle Konis, an assistant professor of architecture at the University of Southern California. In his study, Konis found that those with dementia who were exposed to natural light, especially in the morning hours, experienced less depression and psychoactive symptoms, which are common side effects of neurodegenerative diseases.

"Institute on Aging's Enrichment Center is the only one of its kind in San Francisco located in a truly natural setting and away from busy, crowded streets" said Tom Briody, President and CEO of Institute on Aging. "This new location is going to be extremely beneficial to our members with dementia to help them feel happier and more peaceful."

Virtual Reality Training for IOA Caregivers

IOA is partnering with [Embodied Labs](#) to provide virtual reality-based training for all IOA caregivers, including family caregivers, at the Enrichment Center. Embodied Labs' innovative virtual reality training programs, developed specifically for healthcare workers, will enable IOA employees to see through the eyes of a person living with dementia and better understand what they are experiencing.

“We’re harnessing technology to enhance the quality of care that our aging population deserves,” said Carrie Shaw, CEO of Embodied Labs, who co-founded the tech startup after caring for her mother with early-onset Alzheimer’s disease. “If you can understand the science of the brain, and the story of the person living with the disease, that uniquely empowers caregivers to be better care providers and better communicators.”

Plans for a Greater Dementia Support System in the Bay Area

In the Bay Area, dementia diagnoses are increasing at an unprecedented rate, with one in two people aged 85 and older identified as having some form of dementia. In the city of San Francisco between the years 2000 and 2030, it is estimated there will be a 77% increase in the number of city residents diagnosed with some form of dementia—taxing an already overextended network of care providers.

The Institute on Aging is recognized as experts in early stage and late stage cognitive impairment engagement. In addition to existing services, IOA staff members will facilitate a new early-stage support group at the new Enrichment Center.

Said Briody, “Our new Enrichment Center is only one step towards Institute on Aging’s greater vision of creating a holistic approach for those living with dementia and their loved ones. Because dementia can take an enormous toll on everyone involved, we are actively working on the development of a robust ecosystem that will provide an all-encompassing, 24-hour guidance, services and mental and emotional support to the families impacted by dementia.”

More About the Enrichment Center in the Presidio

- Will be open 5 days a week (Monday—Friday) from 9 am to 3:30 pm
- Provides transportation to and from the participants’ homes daily
- Serves nutritious meals daily prepared by a Michelin Star family-owned business
- Staffed by experts in dementia and elder care

- Provides cognitively stimulating activities such as art and music, physical exercises, therapy animals, social ventures and gardening.

The new center enables Institute on Aging to double the number of individuals and families it serves in its enrichment program. In addition to this Center, IOA offers numerous services and programs for people living with dementia and other cognitive impairments, including dementia-focused home care, fiduciary services and counseling.

Applications for the [Enrichment Center day program](#) are currently being accepted. Interested parties should call Institute on Aging's CONNECT line at (415) 750-4111.

About Institute on Aging

Founded in 1975, Institute on Aging (IOA) is one of California's largest community-based nonprofit organizations providing comprehensive health, social, and psychological services for seniors and adults living with disabilities. IOA's mission is to enhance the quality of life for adults as they age, by enabling them to maintain their health, well-being, independence, and participation in the community. Long considered one of the most innovative and diverse organizations of its kind, Institute on Aging currently touches the lives of more than 20,000 seniors and adults with living disabilities and their families each year through programs designed to alleviate isolation and enable older adults to continue living independently in the community.

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