THE JAVA PROJECT: Addressing Loneliness

CMP National Network Seminar

Dr. Kristine Theurer, Java Group Programs

Loneliness in Nursing Homes

56% to 95.5%[1-4]

The Costs of Loneliness

↑ dementia, cancer, heart disease, early death and poor health[5-7]

Loneliness → depression and both lead to increased falls[8]

↑staff burden, burnout, turnover and absenteeism[9-12]

“My room is at the end of the world.”

The Need for a Social Revolution

The overturning of activities based on entertainment and distraction

Resident to resident peer support and peer mentoring[13]

peer support

give more

live more

The Java Project

the goal

To improve quality of life of residents by **decreasing social isolation and loneliness and ↑ happiness…**

…through implementing 3 resident peer support and peer mentoring programs

The Java Project timelines

YEAR 1

Java Music (month 1–6)

Java Memory (month 7– 12)

YEAR 2

Java Mentorship

Training and Support

WEBINARS

Java Music Club

Residents helping residents

The first standardized peer support group for senior living:

- themes
- photos
- readings
- music
- talking stick

Java Memory Care

- An adaptation of the Java Music Club
- For residents with moderate to late stages of dementia
- Residents helping residents

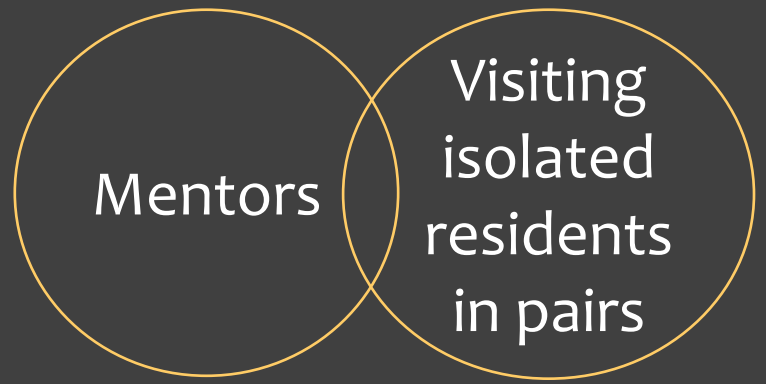
"I am amazed at how residents with dementia have responded… short, simple, yet profound answers."

—*Hilary Lipsett, Staff*

Java Mentorship:
The team meeting

Residents
mentoring
residents

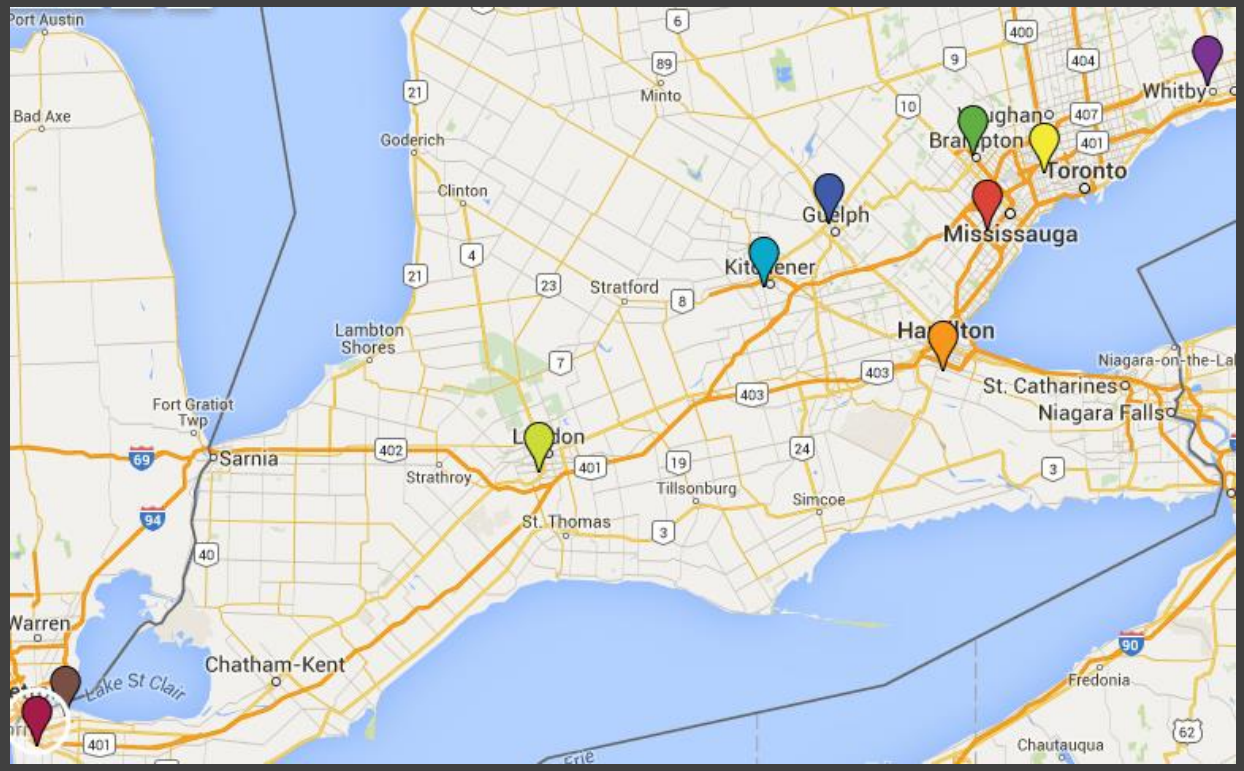
Java Mentorship:
Pairing up for visits



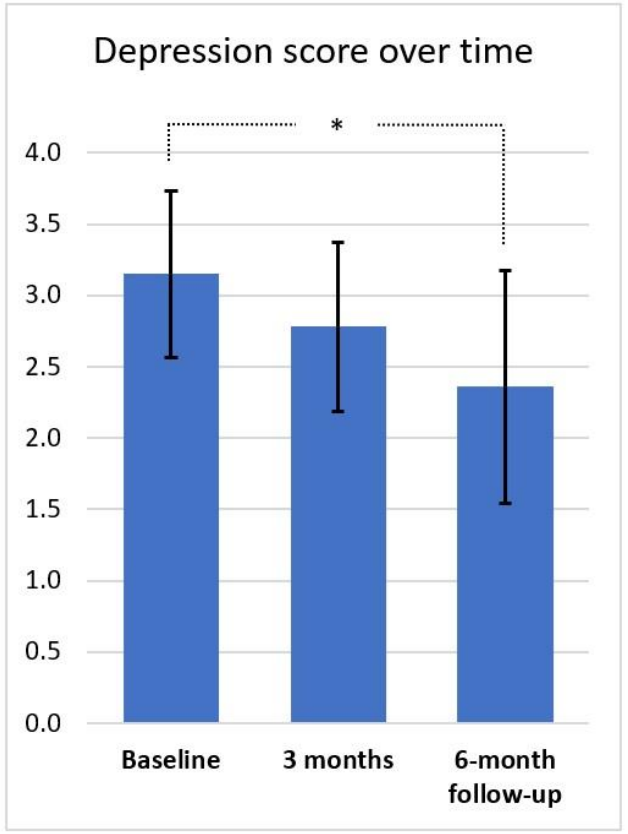
The Science Behind Java

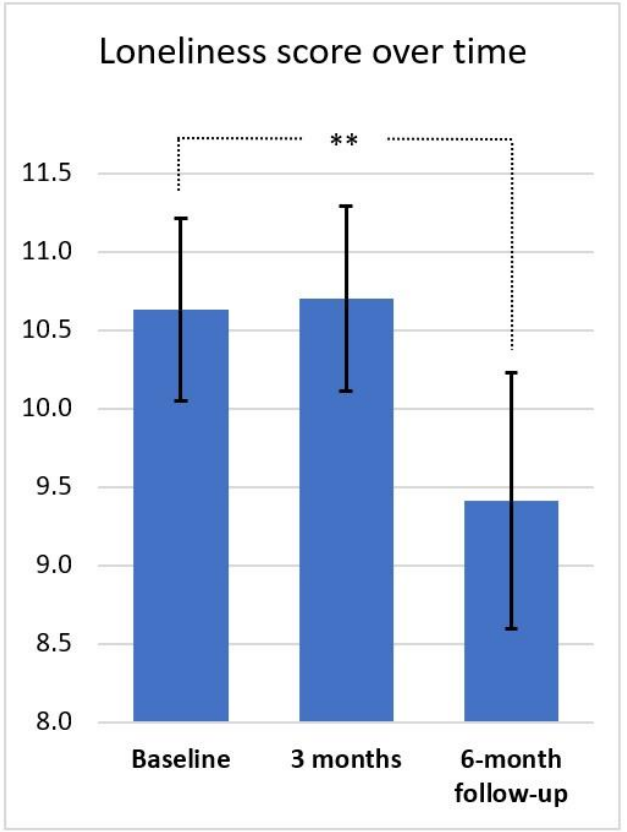
RIA Research Institute for Aging
Schlegel • UWaterloo • Conestoga

SCHLEGEL VILLAGES

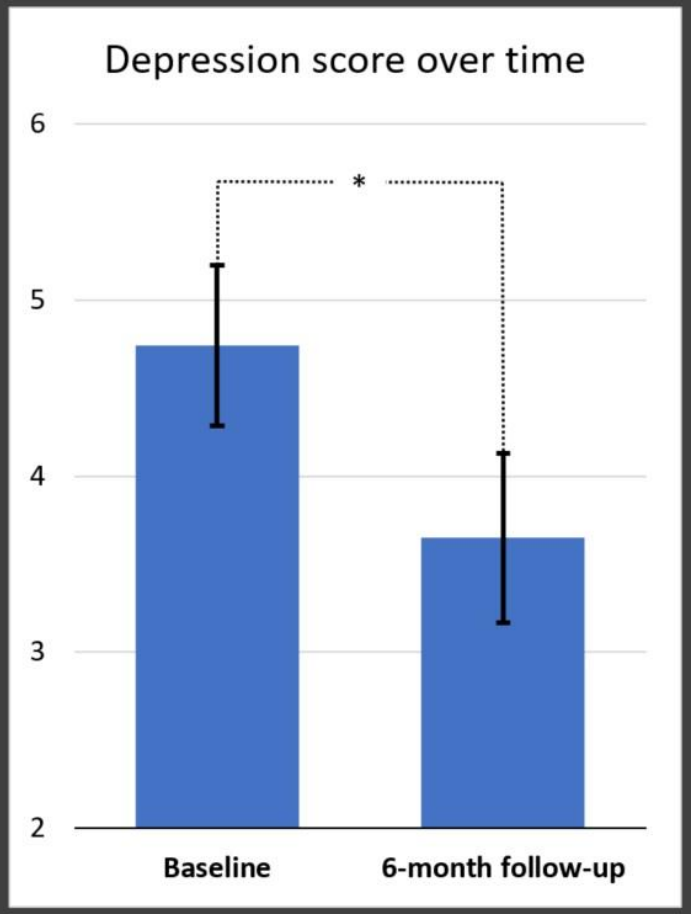


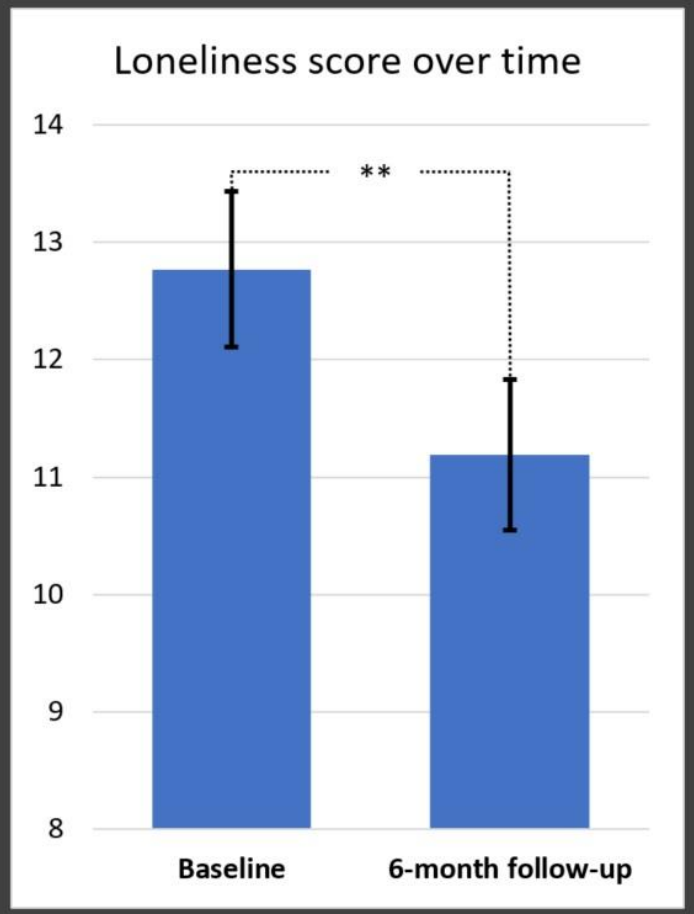
Resident Mentors—Depression and Loneliness Scores (n = 74) [14-15]





Visitees—Depression and Loneliness Scores (n = 43)[16]





Visitees—Change in Program Attendance

- Increase in number of monthly programs attended
- (60%) at 6 months compared to baseline ($p = 0.01$)[16]

A Desire to Connect

“It made me feel like I'm more part of the world.

I used to feel that I'm old and dried up.

Sometimes I thought I would go crazy.”

“It’s given me a new lease on life—it makes my life worthwhile.”

“Java is truly some of the best thinking to hit senior living in decades.”

Juliet-Holt Klinger,
Senior Director, Brookdale

CMP Grants Currently Underway

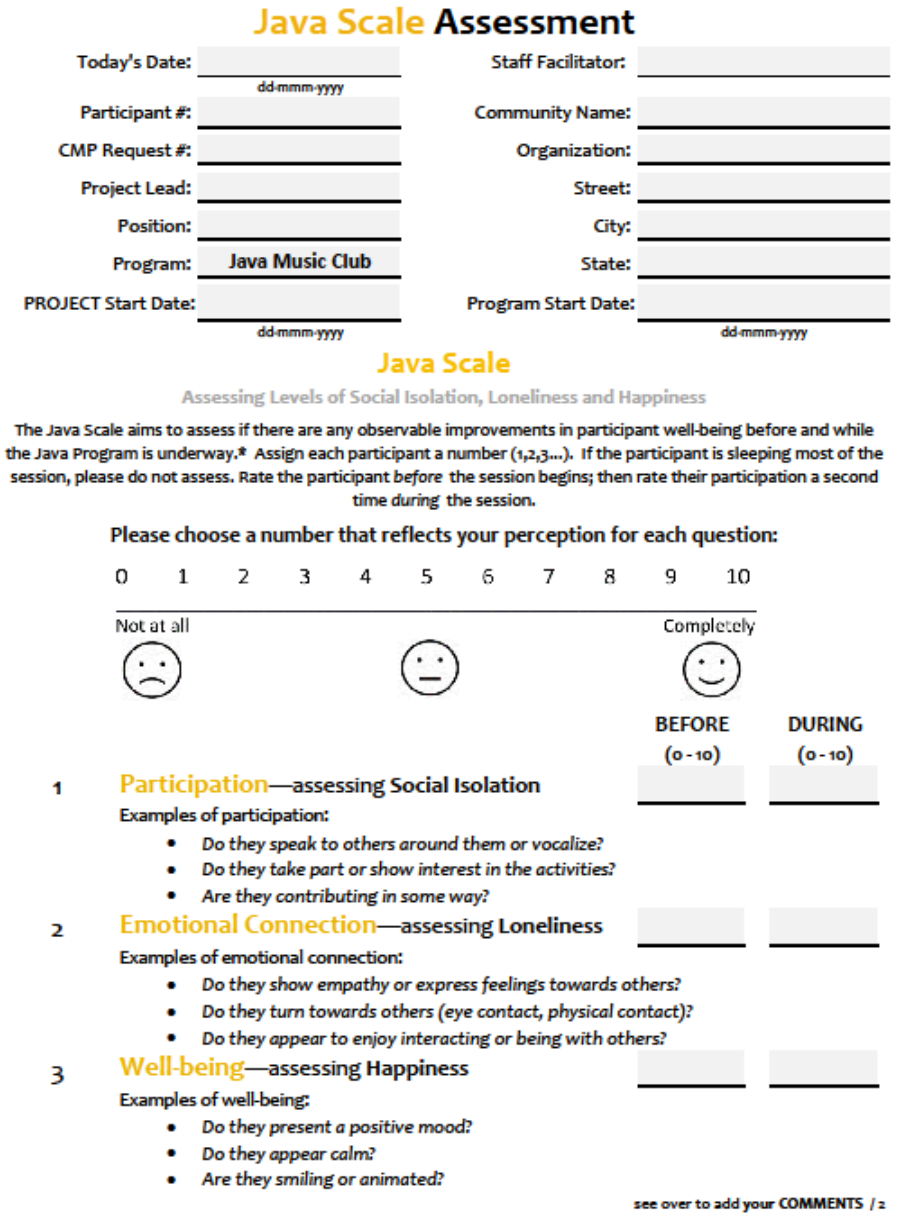
1. **North Carolina** - Consulate Health Care – 6 Communities *(started January 2021)*
2. **Florida** – Consulate Health Care – 1 Community *(started March 2021)*
3. **LeadingAge Virginia** – 30 Communities *(started July 2021)*
4. **Minnesota** - Presbyterian and Cassia – 23 Communities *(started January 2022)*
5. **LeadingAge California** – 100 communities *(start date May 2022)*

Measuring Outcomes

The Java Project

Java Scale

- a single point assessment of social well-being
- an observational scale that includes all residents, including residents living with advanced dementia
- observable improvements in participants *before and while* the Java Program is underway
- Assessment of 3 indicators on a scale of 0 - 10:
  1. **Social isolation**
  2. **Loneliness**
  3. **Happiness**



Java Scale Assessment

Today's Date: _____ (dd-mmm-yyyy)
Staff Facilitator: _____
Participant #: _____
Community Name: _____
CMP Request #: _____
Organization: _____
Project Lead: _____
Street: _____
Position: _____
City: _____
Program: Java Music Club
State: _____
PROJECT Start Date: _____ (dd-mmm-yyyy)
Program Start Date: _____ (dd-mmm-yyyy)

Java Scale

Assessing Levels of Social Isolation, Loneliness and Happiness

The Java Scale aims to assess if there are any observable improvements in participant well-being before and while the Java Program is underway.* Assign each participant a number (1,2,3...). If the participant is sleeping most of the session, please do not assess. Rate the participant *before* the session begins; then rate their participation a second time *during* the session.

Please choose a number that reflects your perception for each question:

0 1 2 3 4 5 6 7 8 9 10

Not at all — Completely

		BEFORE (0 - 10)	DURING (0 - 10)
1	**Participation**—assessing **Social Isolation**		
2	**Emotional Connection**—assessing **Loneliness**		
3	**Well-being**—assessing **Happiness**		

Examples of participation:
- *Do they speak to others around them or vocalize?*
- *Do they take part or show interest in the activities?*
- *Are they contributing in some way?*

Examples of emotional connection:
- *Do they show empathy or express feelings towards others?*
- *Do they turn towards others (eye contact, physical contact)?*
- *Do they appear to enjoy interacting or being with others?*

Examples of well-being:
- *Do they present a positive mood?*
- *Do they appear calm?*
- *Are they smiling or animated?*

see over to add your **COMMENTS** / 2

Outcomes Example – LeadingAge Virginia

2nd Quarterly Report—30 Homes Average Outcomes on a 10-point Scale

- **Social Isolation:** decrease by 3.1 points
- **Loneliness:** decrease by 2.9 points
- **Happiness:** increase by 2.8 points

COVID Adaptations

Many challenges faced due to Covid restrictions – homes have adapted

1. **Hallway peer support groups**
2. **Peer support groups using physical distancing**
3. **Doorway peer support**
4. **Delivering cards and messages of hope and encouragement, resident to resident (Java angels)**

Java in North Carolina:
“From doing nothing to doing everything”

“One resident went from doing nothing to doing everything. This resident had a hard time adjusting to the facility.

He came to the very first group - he had tears in his eyes, and he thanked me.

He now waits outside the door on the morning of our group at 9:00 am for Java Music Club to begin — and we don’t start until 10:30.

He also participates now in many other activities and is often the first one there.

His behaviors have decreased, and he has made new friends. It is a metamorphosis!”

Amy Layman, Director of Community Life at Oak Grove Health Care Center
Consulate Health Care Featured News - July 2021

Java Residents in Rehabilitation

“We have also had some of the rehabilitation residents come and they loved the program and bragged to their families about it.

Two of the people that went home said they would love to come back to visit on a Thursday to come to Java Music Club.”

Amy Layman, Director of Community Life at Oak Grove Health Care Center
Consulate Health Care Featured News - July 2021

Java in Virginia:
Java Encourages Peer to Peer Support

“The residents really listen to and encourage one another. They are so patient, making sure no one is left out. They’ve even included staff passing by, asking them to share something on the topic discussed.

It’s been rewarding to see the progression from week to week. Some residents were a little hesitant in the beginning, but everyone has come to be so encouraging and affirming with each other. “

Cari Helbig, Life Enrichment Specialist
Virginia Mennonite Retirement Community Blog posted March 16, 2022

Better Together:
The Power of Peer Support

Video

BETTER TOGETHER
POWER OF PEER SUPPORT

Questions

www.JavaGP.com

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