

JAVA MUSIC CLUB IN PRACTICE NOVEMBER 9, 2016

Lifestyle Options Retirement Communities
By Gabrielle Cleary & Andrea Capowski,
Recreation Therapists



What is the Java Music Club?

- ▣ Java: Coffee
- ▣ Music: Songs
- ▣ Club: peer support, friendship



Who is our audience? Who will benefit from this?

- ▣ Those seeking connection with others

“I came back from my lunch date so I could come to Java”



Who is our audience? Who will benefit from this?

- ▣ Those who enjoy music, “I love those songs”



Who is our audience? Who will benefit from this?

- ▣ Those who are anxious, “Very relaxing”



Who is our audience? Who will benefit from this?

- ▣ Those who are lonely –loneliness is often expressed by our Residents: “People are friendly enough but I just can’t make friends here; conversations are only shallow”



Why did we choose The Java Music Club?

- ▣ **High percentage of loneliness:** Loneliness in Canadian Seniors an epidemic says psychologists, 80 years and older say that 80% of the time they feel lonely, surprisingly contact with friends benefit greater to the elderly that have lost a spouse than contact with family, approach to reduce loneliness is to help build meaningful connections.
<http://www.cbc.ca/radio/thecurrent/the-current-for-september-1.3770103/loneliness-in-canadian-seniors-an-epidemic-says-psychologist-1.3770208>
- ▣ **Music is therapeutic:** “The benefits of listening to Music, and its relation to the elderly have demonstrated remarkable psychological benefits, such as a happier outlook on life, bettered social interaction, enhanced moods, improved interest levels, increased positive emotions, increased awareness, reduced recovery time, improved memory and recall.” www.music2spark.com

(Continuation)

Why did we choose Java

- ▣ Promise of expected outcomes; “study participants reported positive benefits and themes generated included spending time together (versus being lonely), getting to know one another better, gaining new respect and understanding for one another, giving and receiving support, unloading their burdens and learning new coping skills” www.javamusicclub.com;
- ▣ “Many illnesses are quite simply the end result of emotions that have been stuffed, unacknowledged and unexpressed for years,” says Christiane Northrup, specialist in women’s health. “Unexpressed emotions tend to ‘stay’ in the body like small ticking time bombs,” she says. “They are illnesses in incubation.” www.javamusicclub.com

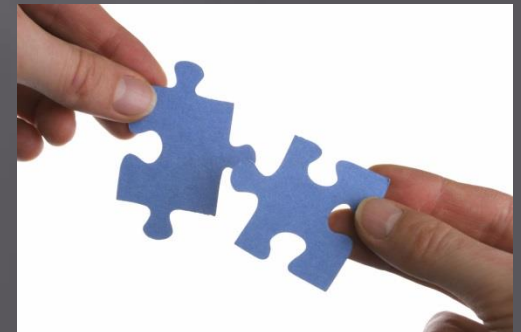
What challenges do we have?

- ❑ Individuals with dementia or hearing loss overtake the conversation in an unrelated way: “provide social and emotional support, i.e. social support, stress management” (Peggy Clarke, Behavior Management Consultant, Alberta Health Services)
- ❑ Some don't like the discussion but come for the music, “continue to build rapport and a collaborative relationship, ensure access to social and emotional support” (Peggy Clarke, Behavior Management Consultant, Alberta Health Services)
- ❑ Those with hearing deficit are unable to connect with others in an effective way, have those Resident sit next to you.
- ❑ Some topics bring up sensitive feelings, “strive to develop empathy, conduct engaging conversations: Ask, avoid but and why, provide options” (Peggy Clarke, Behavior Management Consultant, Alberta Health Services)

Challenges?

(Continuation)

- ▣ Some people don't share very much "say things like tell me more, I can only imagine how hard that must be, that must be frustrating" www.javamusicclub.com
- ▣ Concerns brought up during the group; "invite Resident to talk with you about it after the group is over-that way they are acknowledged, validated and the group can continue with its purpose."
www.javamusicclub.com



Funding: A Social Return on Investments

- ❑ With continuing budget cutbacks and scarcity of resources, value-for-money matters.
- ❑ Imagine this: direct healthcare savings by residents giving other residents emotional social support which helps prevent avoidable and expensive hospitalizations
- ❑ New research has found a solution that will give you a significant social return on your investment (SROI)
- ❑ The Research took place in England and examined the outcomes of three dementia peer support groups and how much social value they produced compared to the cost of investment. The authors found the SROI produced ranged from \$2.17 to \$9.59 for every dollar of investment (converted to Canadian dollars).
- ❑ The KEY outcomes in this study included a reduction in loneliness and isolation in those participating in the peer support groups. The outcomes also included a reduction in stress and burden for those caring for them.
- ❑ Retrieved November 7, 2016 from <http://javamusicclub.com/social-return-investment>

Implementation

- ▣ “We have three responsibilities in our role as a group facilitator for the Java Music Club:
 1. *To create and nurture* a safe environment;
 2. *To walk alongside* and;
 3. *To help* them know where they can bring their concerns.”
www.javamusicclub.com
- ▣ How to implement successfully:
 - a. *Ensure reminders are given throughout the week and/or the day of the program.*
 - b. *Always ask the resident for permission when discussing topics; demonstrate respect, empathy, and reflective listening; avoid but and why instead use open ended questions such as “How was your week?”, thereby creating more openness.*
 - c. *Provide leader transparency.*
 - d. *Provide continuous caring and connection with residents.*









Closing and Summary

- ▣ Highlights of the Java Music Club
- ▣ Privilege to share of myself as a leader
- ▣ Opportunity to hear and learn from Residents
- ▣ Residents have opportunity to learn from other Residents.
- ▣ “It is based on the altruistic concept that people are happiest when they are helping one another.”
- ▣ “The focus is on peer support. Residents helping Residents which adds purpose and meaning to their lives.”

Special Thanks

- ▣ ICCER (Institute for Continuing Care Education and Research)
- ▣ Renate Sainsbury and Jennifer Chan

