

What is the LeadingAge California Java Project?

The California Department of Public Health has awarded a civil monetary penalties (CMP) grant of \$1.9 million to the LeadingAge California Foundation to implement Java Group Programs in 100 skilled nursing facilities across the state.

The LeadingAge California Java Project provides skilled nursing facilities with Java Group Programs, which are the first standardized peer support interventions designed to address the critical rates of depression and loneliness across the senior living spectrum and older adults in the community.

The three-year project aims to engage residents in activities, expand activities for residents with dementia, and foster relationships between residents via mentorship. The project will assess changes in resident loneliness, social isolation, and happiness.

Activity staff or volunteers can easily implement the programs with the step-by-step guides and 1-hour video training provided.



At No Cost, Participating SNFs receive:

- **Java Music Club box** – includes step-by-step instructions, group manual, facilitator's guide, hand-carved Aboriginal talking stick, eight CDs of custom recorded music in lower singable keys.
- **Java Time box** – includes group manual, large print book of quotes and readings, facilitator's guide, study guide for engaging residents with dementia, handheld windchimes, forms CD that includes program materials, eight CDs of custom recorded songs in lower singable keys.
- **Java Mentorship box** – Facilitator's guide, mentorship team meeting guide and tabletop sign, forms CD that includes training handouts and more, training modules, mentor's initiation ceremony guide, six mentor bags.
- **Java training webinars and support** throughout the duration of the project.

Java Group Programs

Java Group Programs are peer support programs designed to reduce loneliness and depression and increase activity participation. They have been implemented by over 1,400 senior living communities.

Resident loneliness and depression is linked with increased falls, heart disease, hospitalizations, dementia, and early death – along with increased staff burden. Reducing loneliness and depression makes a healthier community, happier staff, and improves the bottom line.



Java Music Club

Java Music Club is a structured peer support program incorporating emotion-based discussion topics i.e. gratitude, loneliness, along with music, photography, poetry & quotes. There are 52 weekly themes for discussion, but they are used repeatedly. The original groups have been running for over 10 years. Research has shown significant increases in happiness scores among participants.



Java Time

Java Time is an adapted version of the Java Music Club for individuals living with moderate to severe cognitive impairment. It is used with small groups (e.g. 3-4) and includes specially designed activities and training to help staff and residents engage with people with dementia. Research is demonstrating decreases in agitation and increases in well-being among participating residents.



Java Mentorship

Java Mentorship is a program for people who don't come to programs. A team of residents and volunteers receive support and training on how to engage with isolating residents. They then visit with those residents to listen, engage, and invite them to join in the Java groups and other programs. Research has documented significant decreases in loneliness and depression (30%) and a 60% increase in activity participation.

Interested in joining the Java Project?

Contact:

Lindsay Fowks, Grant Manager | lfowks@leadingageca.org | (916) 469-3373
Amanda Davidson, Director of CMP Grants | adavidson@leadingageca.org | (916) 469-3385

leadingageca.org/java-grant