

## What is the LeadingAge California Java Project II?

In 2022, the California Department of Public Health 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 results were excellent, leading to reductions in loneliness and social isolation and increases in happiness. **LeadingAge California is applying for additional CMP grant funding to continue this important and life-changing project in 100 new skilled nursing facilities in California.**

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 1.5 hour Zoom training provided.

The LeadingAge California Java Project II will provide 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. Java Group Programs are peer support programs designed to reduce loneliness and depression and increase activity participation. They have been implemented by over 2,000 senior living communities.



## What are the Java Group Programs?



### 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 that are used repeatedly over many years. 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 Mentors

Java Mentors 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 and a 60% increase in activity participation.

## What are other California skilled nursing facilities saying about Java Group Programs?



*Residents enjoy having something to participate in. Residents enjoy being able to answer questions about their past. They look forward to listening to music together.*



*Everyone in the group really enjoyed the music and socializing with their peers.*



*What stood out the most was the connections our residents have formed while joining Java Music Club. Seeing them light up when they hear it's time for Java is truly amazing.*

### 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, singing bowl, forms CD that includes program materials, eight CDs of custom recorded songs in lower singable keys.
- **Java Mentors 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.



### Interested in joining the Java Project II?

Complete a Letter of Support at [www.leadingageca.org/java](http://www.leadingageca.org/java) or contact:

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