The Need for a Social Revolution in Residential Care

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Presented by
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Chartwell Retirement Residences
What are the Challenges?
Loneliness and Depression in Residential Care

- Prevalence of depressive symptoms of newly admitted LTC
  - 54% residents initially and 60% by follow-up (Neufeld, 2014)

- Assisted living—significantly higher depressive symptoms (58%) than community (19%) (McLaren et al. 2013)

- Retirement—21% depression and 19% loneliness (Adams, 2004)
“It’s hard to get to know anybody...”
“People here – they are always in a hurry…., they pass you by and say ‘How are you’ and then keep going.

No one has time – to look, to talk.”
“My room is at the end of the world.”
The Need for a Social Revolution

- A Social Revolution
  - Troubling underpinnings of the social environment fostered in residential care
  - Stereotype—residents as passive recipients of care

- The ‘REAP’ Model
  - A new psychosocial model of care
  - REAP - Resident Engagement And Peer Support
  - An overturning of activities focused on entertainment and distraction
“We recognize peer support as an integral component of a mental health program for older adults”

US Institute of Medicine (2012)
The Study
- 6-year pilot: residents chose components
- 2-year study: staff manual developed
  - 65 residents, 7 staff
  - Senior Living: Memory care, complex care and an adult day centre

Research and funding
- Simon Fraser University
- Social Sciences and Humanities Research Council of Canada
- Michael Smith Foundation for Health Research
What is the Java Music Club?

Why is it unique?

1. Peers helping peers—fosters residents reaching out to others
2. A safe place to share
3. Talking stick ↑ courage
4. Something for everyone
5. Increases emotional engagement
6. Targets loneliness and depression

The first standardized peer support program for senior living—themes, music, photos, readings, a Talking Stick.
“I am amazed at how residents with dementia have responded... short, simple, yet profound answers.”

Hilary Lipsett, Staff
Resident reports indicate:

- a decrease in loneliness
- feelings of empowerment
- the development of new friendships

*Journal of Applied Gerontology*

The Development and Evaluation of Mutual Support Groups in Long-Term Care (Theurer, 2012)
This is different, something special. It takes the loneliness away.  
Resident

A smashing success—everyone is loving the program!  
Schlegel Waterloo Research Institute for Aging

I have been doing the Java Music Club have felt honoured to hear the stories and feelings. I also personally feel grateful, I listen and they listen. Thank you for taking the time to train me and for developing such an innovative and needed program.  
Jackie Kramer, Retirement Recreation, Village of Winston Park
The Serendipity Adult Day Services
The Salvation Army
References


Institute for Health Information (2010). Depression Among Seniors in Residential Care.


Who is Chartwell?

- largest operator in the Canadian senior living sector
- over 180 locations across four provinces in Canada
- Wide spectrum of services:
  - independent retirement residences
  - assisted living services
  - long term care
“At Chartwell, we believe that keeping active and socially engaged is the key to a happy, healthy and fulfilled life.”
Social intervention to relieve isolation and depression

An opportunity for residents to become actively engaged in peer support

In the program, residents are encouraged to reach out to their isolated peers

Changes the culture of the community
Piloting and Implementation

- Fall 2013: Initial pilot of the Java Music Club at 3 sites in British Columbia
- Spring 2014: Success of this pilot led to implementation across Canada
- French translation: Club de musique Java
- 3 centralized trainings:
  - Western Canada
  - Eastern Canada
  - Quebec
What did we do?

Structured evaluations used to explore three perspectives:

1. Participant Evaluation
2. Observations of the Program
3. Staff Evaluation

Content analyzed by themes
**Group Participant Evaluation - Java Music Club**

Note to staff member conducting the interview: thank you for interviewing a minimum of 3 group participants if possible.

Please have the Java Music Club group manual, talking stick, guidelines etc. with you so you can show them these things as a reminder when you are asking about them. Encourage them to elaborate on their answers...e.g. "Tell me more about that".

**Site:**

**Start Date of Program:**

**Date of Evaluation:**

About how many sessions has this group participant attended?

**Please read this to the group participant:**

Thank you for helping us to complete this survey. It will help us to evaluate and make improvements to the program.

All information is confidential in this survey - we will not use your name unless you like to share this information.

There are no right or wrong answers - we value all your thoughts and opinions just as they are.

**A. General Comments**

1. What has it been like for you to be in the Java Music Club?
   (What has been your experience? Please elaborate...tell me more, what is different about this program from others you go to?)

   
   
   
   
   

**B. The Group Facilitator**

2. What do you like most about how I am facilitating the groups?

   
   
   

3. Do you have any helpful suggestions for me?
What’s it been like for you?

“I like sharing stories and realizing you are not alone with your life experiences.”

“I like helping others here – it makes you feel worthwhile.”

“I often get lonely… the program allows a comfortable place to share, not be judged and express emotions.”

“It’s a place of encouragement – I feel great after!”
“It's always good to be somewhere where you can just be yourself not have to worry. I feel I can say things to them that I wouldn’t feel comfortable saying to others.”

“It helps me to get to know people, which is good because I’ve had to leave many good friends before I came to Chartwell.”

“I love Java!...when I’m there I’m the most relaxed I’ve ever been.”
On the Program Components

“"The talking stick makes me feel empowered and keeps the focus.””

“"The guidelines are great and should be done no matter how many times we go as it sets the tone of the group.””
Do you have any suggestions on how we can improve the program?

- “I wish that folks that don’t come could experience the same togetherness.”

- “Re-arrange the tables … in a circle so we’re closer together.”

- “Suggestion... add additional hymns.”
Observations of the Program

- “All residents seemed engaged, participating fully.”
- “Respectful, very open minded,... relaxed, friendly and fun.”
- “The layout makes for an easy program guideline to follow.”
- “[Shows a] variety of ways to connect conversations for those with cognitive challenges.”
The facilitator did a fantastic job of making everyone feel like they matter, and encouraged those who couldn’t find the words to express themselves.
“Not everyone can visually see the songbooks.”

“Challenging when working with varying cognitive levels. Dementia residents caused impatience of others.”

“The program is great!! It just needs interest from residents consistently.”

“Those with dementia forget to come.”
“An incredible tool to encourage residents to share and feel supported... and build deep friendships.”

“I enjoy the program... connecting with residents. It is meaningful, purposeful and peaceful.”

“I have been in the recreation field for 20 years and I have to say this is one of the most well thought out and interactive programs I have used.”
7 Ways to Re-Inspire Your Java Music Club

A Java Webinar
Java Group Programs, Inc.
“It’s social, deep sharing, loving and bonding. Voices are heard.”
Questions

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