



## Java Music Club

### **Loneliness and depression is an epidemic – we can help**

**What is the Java Music Club?** It is the first standardized mutual support group activity program that is research-based and designed to address loneliness and depression within the long term care continuum. The research was carried out at the Gerontology Department at Simon Fraser University and was funded by the Social Sciences and Humanities Council of Canada and the Michael Smith Foundation for Health Research.

**Loneliness, social isolation and depression is an epidemic.** This increases staff burden, sick time and turnover – all linked with substantially higher operating costs.

**Where can it be used?** The Java Music Club is being implemented in care homes, adult day centers, assisted living and retirement homes, supportive housing and within community support services.

**How does it work?** It is a daily, bi-weekly or weekly activity group facilitated by recreation staff that requires no musical ability. It uses a unique combination of researched themes, photography, music, readings and a traditional talking stick. It comes with a standardized staff group manual & training.

**How does it reduce costs?** This program is the most effective way to address the tremendous socio-economic costs associated with depression and loneliness as it gives residents/clients the practical resources that encourage *and* empower them to seek out and support their lonely or isolated peers.

For details and to order this program email [info@javamusicclub.com](mailto:info@javamusicclub.com) or call toll free: 1-855-470-5282

## **Java Music Club Program**

The Java Music Club program is a research-based mutual support activity group program designed for the long-term care sector that is intuitive and easy to facilitate by recreation staff. The program includes step-by-step instructions, a group manual, a facilitator's guide, a hand-carved Aboriginal talking stick, an implementation training DVD, and 8 CD's of custom recorded music in lower singable keys. The group manual includes 52 themes chosen by the research participants, 52 large-size photographs indexed to match the themes, quotes and readings and indexed music.

### ***Why is this program different?***

The program is unique because the focus is on having group participants help one another. It is based on the altruistic concept that people are happiest when they are helping one another. All the components of the program are geared to make this happen. **It is different from typical recreation programs in that it is not about what the staff can do for the group participants, but what the participants can do for one another.** Research has shown that having such a variety of components in one program (themes, photography, music, readings and the talking stick), makes for a highly participatory group. Once the Java Music Club program is established (ideally throughout the organization), implementing the Java Mentorship Program is the next step.