

“It makes my life worthwhile.”
Residents helping residents live purposeful lives



Presented by Kristine Theurer, MA (Gerontology)
Founder, Java Group Programs

**Susan Brown, Director of Research Co-ordination
and Research-Practice Integration,**
Schlegel-UW Research Institute for Aging

Pat Bell, Resident
Village of Aspen Lake, Windsor, Ontario

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Co-Authors

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POLL: What field do you represent?

(Choose one of the answers in the next slide; if your answer is other, feel free to type the answer into the chat window)

POLL: What percentage of residents on average do you think report feeling lonely?

Loneliness and Depression in Residential Senior Care

- Long term care—55% experience loneliness¹
- Loneliness and depression are linked⁵
- Assisted living—higher depressive symptoms (58%) than community (19%)²
- Retirement—21% depression and 19% loneliness³⁻⁴



“No one should suffer alone.”

POLL: What do you think would be the most effective way to reduce loneliness?

A social revolution

peer support

give more

live more

Peer Support



Members use the power of their own experience and of their own wounds to lighten the burden of others, and heal themselves in the process.

— *Stephen Post (2011)*

Java Music Club



Standardized Peer Support Group

- themes
- photos
- readings
- music
- talking stick

Java Memory Care



“I am amazed at how residents with dementia have responded... short, simple, yet profound answers.”

Hilary Lipsett, Staff

The Java Mentorship Program



The Purpose



1. To help residents be able to reach out to those that are lonely or isolated
2. To improve quality of life through building a sense of purpose and meaningful relationships

Program Structure

Hour 1
Team Meeting



Mentors

Facilitators
(Staff)

6 Education Modules

(4-5 weekly sessions in each)

1. Introductory module
2. Keys to happiness
3. Marvelous mentors
4. Beyond dementia
5. Worry busters
6. Purpose in life



Program Structure

Hour 2
The Visits

Mentors

Those being
visited



Java Mentorship Research Study

WHERE?



- BRAMPTON | The Village of Sandalwood Park
- ETOBICOKE | The Village of Humber Heights
- GUELPH | The Village of Riverside Glen
- HAMILTON | The Village of Wentworth Heights
- KITCHENER | The Village of Winston Park
- LONDON | The Village of Glendale Crossing
- MISSISSAUGA | The Village of Erin Meadows
- WHITBY | The Village of Taunton Mills
- WINDSOR | The Village of Aspen Lake
- WINDSOR | The Village at St. Clair

WHO?

Care Homes (n=10)
Staff (n = 24)

Mentors
(n = 105)

Visitees
(n = 86)

WHO

Care Homes (n=10)
Staff (n = 24)

Mentors
(n = 105)

Visitees
(n = 86)

WHAT?

Impact of program

Depression
Loneliness
Social identity
Belonging/Purpose

WHO

Care Homes (n=10)
Staff (n = 27)

Mentors
(n = 116)

Visitees
(n = 82)

WHAT

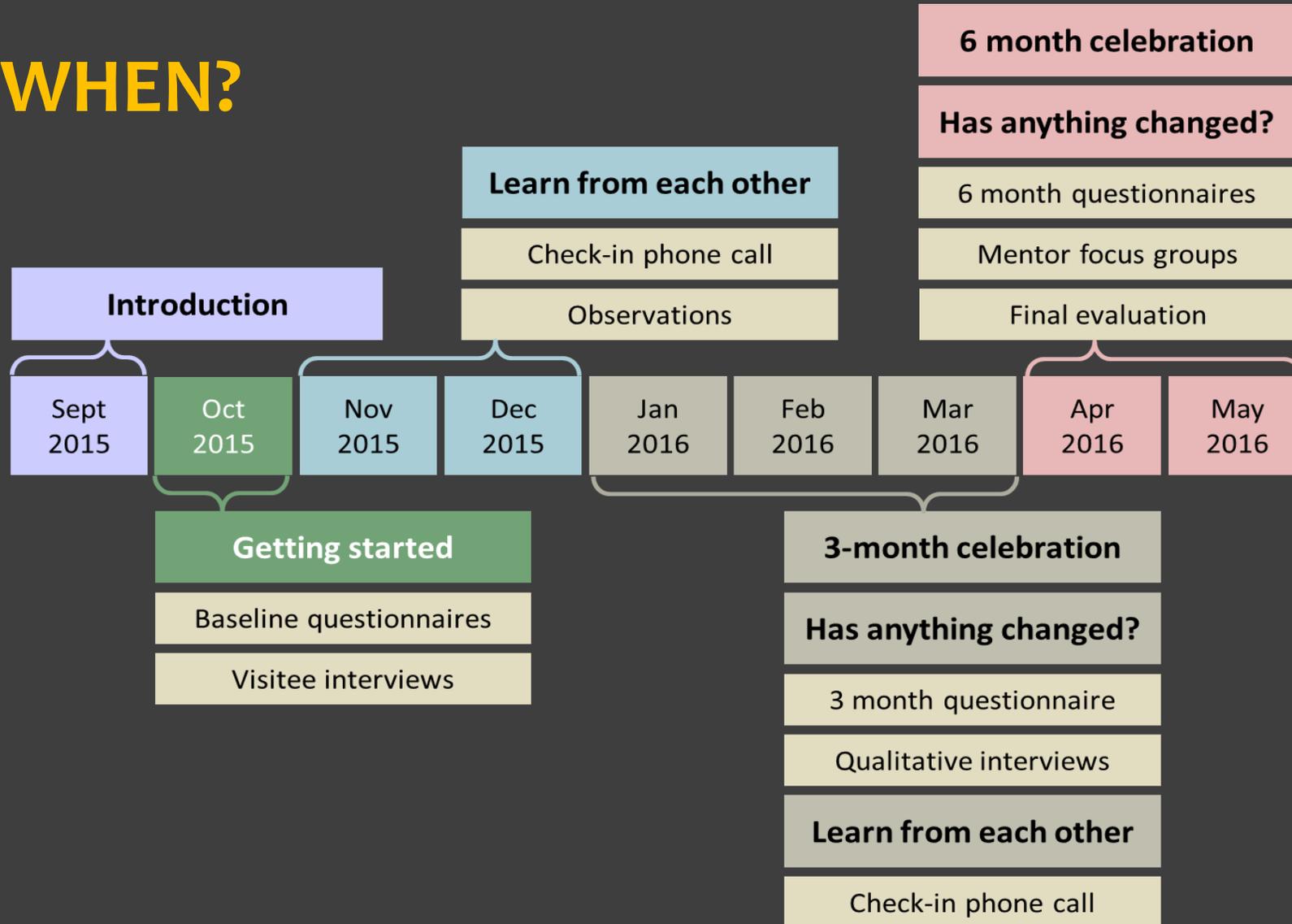
Impact of program

Depression
Loneliness
Social Identity
Belonging/Purpose

HOW?

Surveys
Clinical tools
Focus groups
Interviews
Observations

WHEN?



Preliminary Results

Internal Mentors

Internal mentors enjoy meeting and helping others

“I enjoy ... instead of pulling them out of themselves, ... you know, they’re sometimes mentally in a small place. When somebody goes in to visit, it pulls them out of that little small place.”

They find visits to be mutually beneficial

“Jack is happy for what I’m doing. Jack is the guy I look after. It’s making me feel good. I enjoy the program since I started. It makes me feel like I’m a different person.”

Preliminary Results

External Mentors

External mentors find visits mutually beneficial too

“I’m not just helping, I’m also learning...I feel like I have a group of friends.”

Having resources to help guide the visits is important

“I’m actually really excited about it. It really helped because instead of just coming here blindly, and saying ‘Ok, just go and be with them’... they give you lots of tips and tricks .”

Preliminary Results

Visitees

The pairing up for visits helps to make the visits a positive experience

“I’ve never had one resident that really didn’t want to say hello or respond. I would say that’s because we work as a team.”

“I like seeing a smile on their faces when you are there, and they talk like they’ve never talked before.”



Preliminary Results

Visitees – Quantitative Data

- Reduced symptoms of depression ($p = 0.02$)
- Reduced loneliness ($p = 0.02$)
- 60% increased numbers of programs attended



Challenges



- Mentors are busy
- Scheduling challenges
- Need to create a back-up visatee list
- Visiting a highlight of the program





*“I’m 95—it gives me
a new lease on life.*

*It makes my life
worthwhile.”*



Pat Bell, Resident

Village of Aspen Lake
Windsor, Ontario



A Team Meeting in Action



Our Guidelines

- The primary purpose of the Java Mentorship Program is to build a warm inclusive community and to support those who are lonely or isolated.
- In our community, everyone matters, everyone counts.
- We build trust by sharing openly and keeping what is shared confidential.
- We value each person on our mentorship team.
- We are also here to learn and to have fun.
- We have one guiding principle, and that is—loving kindness.

The Mentor's Pledge

As a mentor in the Java Mentorship Program, I pledge:

- to attend meetings as often as I can
- to help with set-up and clean-up as much as I'm able
- to encourage and support new team members
- to do my best to help others and practice gratitude daily
- to listen to other's sharing with an open mind and give them my attention
- to invite others to attend the Java Mentorship or Java Music Club programs
- to share my experience and optimism
- to express kindness and appreciation

Check in and the Gratitude Practice

Gratitude unlocks the fullness of life.

It turns what we have into enough, and more.

It turns denial into acceptance,
chaos to order, confusion to clarity.

It can turn a meal into a feast, a house into a home,
a stranger into a friend.

Gratitude makes sense of our past, brings peace for today
and creates a vision for tomorrow.

—Melodie Beattie

What Is A Mentor?

- A mentor is someone who is willing to reach out and support others on a regular basis.
- Through sharing their own experience, mentors help those they visit help themselves.

Education – The Role of a Mentor

- What a mentor does

- What a mentor doesn't do

Closing Affirmation

- Together we can really make a difference!
- Need an ear, need a hug?
... see me.



We'd love to hear from you!

kristine@JavaGP.com
sgbrown@uwaterloo.ca

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