

“It Takes The Loneliness Away”:

An Introduction to Innovative
Peer Support Programming

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Disclosure

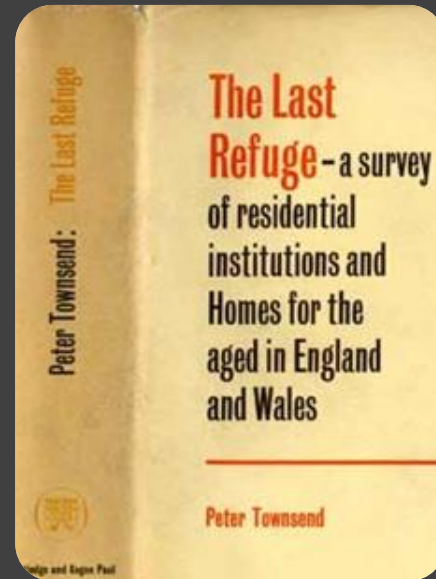
- Kristine Theurer is founder of Java Group Programs, Inc., presents at conferences and to organizations and receives financial remuneration for trainings and program materials.

Loneliness and Depression in Residential Care



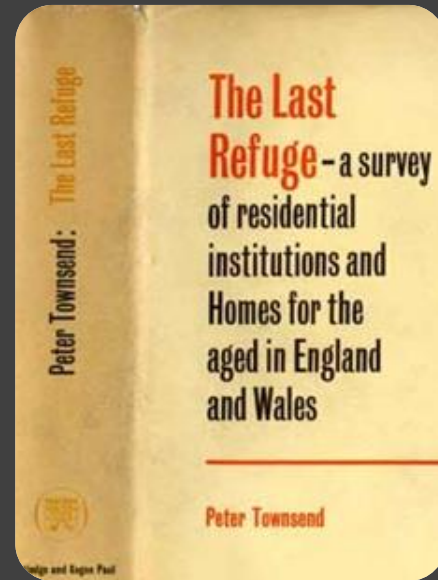
- ‘Residential Care’—long term care, assisted and retirement living
- Long term care—55% experience loneliness⁵
- Assisted living—higher depressive symptoms (58%) than community (19%)⁶
- Retirement—21% depression and 19% loneliness⁷

1960



Rates of
Depression
—44%⁸

1960



Rates of
Depression
—44%

2010



Rates of
Depression
—44%⁹



**“I think
my room
is at the
end of the
world.”**



A social revolution

The overturning of activities focused on entertainment and distraction

○ 'REAP' Model

- A new psychosocial model of care
- **R**esident **E**ngagement **A**nd **P**eer Support



Social Identity Theory

Having a sense of shared social identity with others and being productive improves mental health

Peer Support → Social Productivity → Valued Social Identity → Improved Mental Health

peer support

give more

live more

Java Music Club

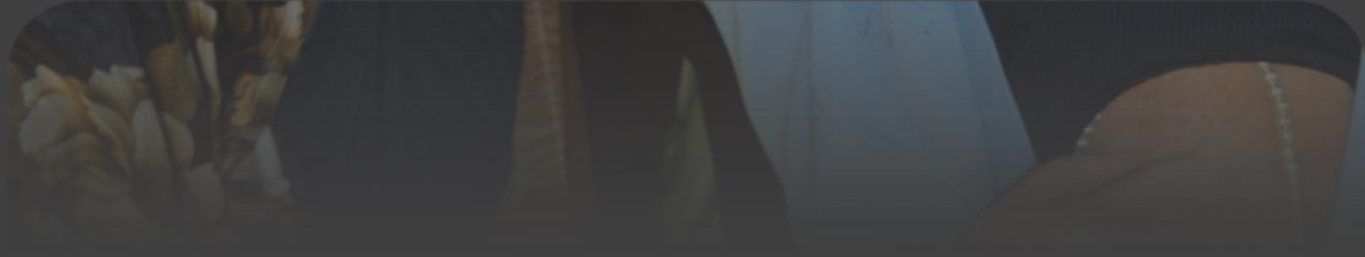


Standardized Peer Support Group

- themes
- photos
- readings
- music
- talking stick



**“It has
given me a
new life!”**



Java Memory Care



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

Hilary Lipsett, Staff



A Peer Support Program Example



Facilitating Your Group Step-By-Step

1. Set table, invite residents to help
2. Invite a group member to be your assistant – chooses theme

3. Opening

welcome, guidelines, getting centered practice

4. Middle

sharing, songs, photo, quotes

5. Closing

closing affirmation, closing song



Opening Song: The Java Music Club

A little music keeps me feeling good,
A little coffee like I knew I could
A great big hug and I'm okay
I can make it through this day.

A little singing would be right on time,
A little loving and I'm feeling fine
Sunshine through my window pane
and I can make it through this day.

**Here's the kind of people I like,
Ones that are kind and treat me right
And that's why I think I love,
Our little Java Music Club, oh yeah,
Our little Java Music Club (repeat).**

Our Group Guidelines

1. The primary purpose of this group is to share our experience, strength and hope, to support one another and to have fun.
2. We use the traditional Aboriginal *Talking Stick* as a way to honour each person here and to help us remember that all of us possess wisdom and courage. We do our best to listen closely with an open mind while others are sharing.
3. We keep things we hear confidential and we respect each person's right to their opinion. We keep our sharing to a few minutes so that all who wish have a chance to share.
4. We have but one guiding principle, and that is loving kindness.

Getting Centered and Present



Getting Centered

- I now invite you to close your eyes for just a few moments. Take a deep breath in...and breathe out.
- Breathe in calm...breathe out worry.
Breathe in peace...breathe out fear.
Breathe in happiness...and relax.
- For those who wish to do so, please join me in saying:
“I am still, alert and present,
I am still, alert and present.”
- Thank you... you may open your eyes.



Sharing with the Talking Stick



What a Wonderful World

Words and Music by Robert Thiele, George David Weiss and Claudio Rabello

I see trees of green, red roses too
I see them bloom for me and you
And I think to myself, what a wonderful world.
I see skies of blue and clouds of white
Bright blessed day, the dark sacred night
And I think to myself, what a wonderful world.
The colors of the rainbow, so pretty in the sky
Are also on the faces of people passing by
I see friends shaking hands, sayin', "How do you do?"
They're really sayin', "I love you"
I hear babies cry, I watch them grow
They'll learn much more than I'll ever know
And I think to myself, what a wonderful world
Yes, I think to myself, what a wonderful world.

Theme Related Quotes

I benefit when others are simply doing their job. When I experience this and respond with thanks, my world changes. Try it. Go through one whole day, saying “thank you” to everything and everyone who does something that serves you in any way.

Robert Emmons

We grow in love when we grow in gratefulness. And we grow in gratefulness when we grow in love. Every time we say a simple “thank you” and mean it, we practice the inner gesture of “yes.” And the more we practice it the easier it becomes.

Brother David Steindl Rast



Closing Affirmation

- I love, accept and appreciate all of me, just as I am today.
- I bring understanding and compassion, and I receive understanding and compassion.
- I bring love and I receive love.
- I bring peace, and I am at peace.



Closing Song: I'll be there for you

May you have time to rest,
And may your fortune be the best
Meet some kindness on your way
and have sunshine most everyday.
May you always do your part
And have a song in your heart
And may every day be blessed
For I wish you all the best.

**Enjoy every day don't forget
Like it's the last one you'll get
And remember this in all you do
I'll be there for you.**

Your Observations

- What stood out for you as you experienced this example of a peer support program?
- What do you think is different about peer support programs from traditional programs in residential care?
- Do you think peer support can be a foundation for a social revolution? If so, how?
- What may some of the barriers *and* benefits be to implementing peer support within your organization?

**Sharron Cooke,
President**

Ontario Association
of Residents' Councils



Java Music Club at Newmarket Health Centre

"Java Music is making new friendships"

"Java Music is love one and all"

"Java Music is sharing our thoughts"

"Java Music develops self-expression"

"Java Music brings out emotions"

"Java Music is a calm for depression"

"Java Music is a great way to get to know each other"

Memories from the Heart



- To use the traditional talking stick from the *Java Music Club*
- As part of our Palliative Care Program, after our friend passes on, we are coming together to talk of how we feel and celebrate all the good things we did and how we developed our friendship with the residents we just lost.
- This gathering gives us a chance to express our own grief experiences of other friends or family members dear to us.
- Sharing our stories in a confidential and supportive setting can be a powerful part of the healing process.
- Our memories will always be in our hearts.

Java Music Club— Let's Get to Know Each Other

- Welcome to our home. We use Java Music in another way within our home as a welcome to our home.
- We have a Social Tea once a month to welcome all new residents to our home.
- We have nice calm music, the chimes & the Java Stick. We have some quotes and verses and music out of the Java Music Resource Guide.
- We show pictures of our various activities in our home and some pictures of the residents having fun as a video.
- We feel this is a good way of socializing and getting to know your fellow residents and Activation staff.



Questions

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