



Java Group Programs

ending loneliness, spreading happiness



- ✓ The Java peer support programs reduce loneliness and depression and increase activity participation.

These programs have been implemented by over 1800 senior living organizations and adapted for use during outbreaks.



Resident loneliness and depression are linked with increased falls, heart disease, hospitalizations, dementia, and early death – along with increased staff burden.



Reducing loneliness and depression makes a healthier community, happier residents and staff.

Activity staff or volunteers easily implement the programs with step-by-step guides and a 1-hour video training.



The focus is always on residents helping residents.



Java Music & Java Circle are a structured peer support programs incorporating emotion-based discussion topics such as gratitude, loneliness, etc., along with music, photography, poetry and quotes. Each have 52 unique weekly themes for discussion. Java Circle is an add-on to Java Music with additional focus on Equity, Diversion & Inclusion.

Java Memory Care is an adapted version of the Java Music Club for individuals living with moderate to severe cognitive impairment. It is used one-to-one or with small groups (e.g., 4-6) and includes specially designed activities and training, to help staff and residents engage with people living with dementia.

Java Mentorship 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 pair up to visit with those residents to listen, engage, and invite them to join in the Java groups and other programs. Research has documented a 60% increase in activity participation and a 30% drop in depression scores.

Java Social is a structured peer support program that focuses on discussion without music that promote sharing and friendships among older adults. The group members are encouraged to reach out and help others to build community.

"Truly some of the best thinking to hit senior living in decades." Juliet Holt-Klinger, Brookdale Senior Living

Call toll free: 1-866-523-2411 • info@javagp.com • www.JavaGP.com