Final Report for the Java Project - Perry Oaks

March 21, 2023

Overall Successes

Even though we have had significant challenges over the 2 years, we have also had a lot of success with the Java Project. An overview webinar about the Java Project was held with Paula Twitty, Administrator, and Kradesha Edwards, Social Services Director attending. We attended multiple trainings and had a lot of support from the Java team. We have trained 2 staff in total (Priscilla Dowdell and Christine Crumity) for the Java programs and have implemented all three programs.

We have had so much feedback from residents participating in the Java programs. We are seeing positive behavioral responses and increases in socialization and the outcomes listed below are positive. Residents are listening to and supporting other residents in the groups. (Please see details on page 2). The Java Project was implemented over 2 years: Java Music started in month 1, Java Memory in month 9 and Java Mentorship in month 14. Below are the total number of sessions and participants over the 2 years:

- **Java Music** *(over 24 months):*   Sessions total: 81; Residents total: 65
- **Java Memory** *(over 15 months):* Sessions total: 51; Residents total: 48
- **Java Mentorship** *(over 11 months):* Sessions total: 41; Residents total: 35

Here are the observed behavior change averages among participants:
Java Music:
- Average decrease in observed social isolation: 26 %
- Average decrease in observed loneliness: 26 %
- Average increase in observed happiness: 27.5 %

Java Memory:
- Average decrease in observed social isolation: 32.3 %
- Average decrease in observed loneliness: 26.5 %
- Average increase in observed happiness: 23.7 %

Java Mentorship:
- Average decrease in observed social isolation   59.5 %
- Average decrease in observed loneliness: 60 %
- Average increase in observed happiness: 59.5%

CHALLENGES with the Java Project

COVID Restrictions: We had a lot of COVID restrictions over the 2-year period and multiple times where we could not do any groups at all. But we have done the groups as often as possible and adpated. These restrictions eased in year 2 but we still had COVID and flu outbreaks.

Adapting the Java Scale: We found that the original Java Scale was too difficult (observing residents over time - baseline, 3 and 6 months). Instead, we used a revised version of this scale where we looked at the changes of residents before and then during a particular group, before the group starts and then how they change throughout the group. This worked well. *Cont'd on pge 2*

CHALLENGES CONT'D

Staffing Challenges: Although we had staffing challenges (staffing shortages, and the original project leader left), we have been able to grow all three of the Java programs over the 2 years. At first it was challenging to get more residents to the programs, but that has been solved. We had to adapt the Java Mentorship program due to COVID, but the adaptation was very successful.

SUCCESSES with the Java Project

Java Music

The program engaged low functioning residents, seeing group participants excited about roles and being part of something and uplifted through song. Has brought about some change in the residents that have participated. Some behaviors have decreased, some are a little more excited about their day. The responses during this program so far have been positive, uplifting and full of sharing. The resident have enjoyed being able to share with others without shame, being comfortable and understanding more of others' feelings. The program engaged low functioning residents, seeing group participants excited about roles and being part of something and uplifted through song.

One participant was one of my most happiest peers and enjoys coming to the program. She was recently placed in the dementia unit. It makes me feel so good to see how excited she gets when I reach the doors on the unit to bring her out for Java Music. She always yell, "Yes, Mom, Java, coffee and friends. Let's go." The first thing she does when I get her to the group is throw kisses and yell, "I love y'all".

Java Memory

The Java Memory program lifted spirits and warmed hearts. The residents continue to come, share and laugh. Java Memory was a little easy to introduce to the residents. Some come in as judgmental and negative. By the time the program ends we are all on a positive note. One participant brings a group together and can make the saddest person in the group laugh. What stood out most is how he stops in the hallway to greet others and invite them to Java. Another is always on time and excited about Java. Learning from him that he was depressed before the program and how it helped was enlightening.

Java Mentorship

Java Mentorship gives the opportunity to go out into the community and give residents who are bedridden the opportunity to have visitors and music from our group. The mentorship program has been going well. The mentors show up on time ready for name badges. The visitees are always welcoming and eager for company. It feels good to see those being visited smiling and asking the mentors to come again. Me and the participants learned that we could share love without having groups while quarantined. We made get well soon cards, and we sent out warm greeting notes and messages.

Perry Oaks - Java Project Outcomes

March 2020 - February 2022

Summary of Program Outcomes

	Java Music	# Sessions: 81	# Residents: 65	
		↓ Isolation	↓ Loneliness	↑ Happiness
Q1	Measurement 1	6	9	16
Q6	Measurement 2	46	43	39
	Average	26.0%	26.0%	27.5%

	Java Memory	# Sessions: 51	# Residents: 48	
		↓ Isolation	↓ Loneliness	↑ Happiness
Q3	Measurement 1	13	10	8
Q4	Measurement 2	22	11	6
Q8	Measurement 3	62	57	57
	Average	32.3%	26.0%	23.7%

	Java Mentorship	# Sessions: 41	# Residents: 35	
		↓ Isolation	↓ Loneliness	↑ Happiness
Q5	Measurement 1	56	60	62
Q8	Measurement 2	63	60	57
	Average	59.5%	60.0%	59.5%

Resident and Session Totals per Quarter

	Q1-4 Residents	Q1-4 Sessions	Q5-8 Residents	Q5-8 Sessions
Java Music	25	41	40	40
Java Memory	13	12	35	39
Java Mentorship	*Note: Mentorship started in year 2*		35	41
Totals	38	53	110	120