A photograph of two elderly women embracing. The woman on the left has short, wavy white hair and is wearing a bright red long-sleeved top. She is smiling warmly and has her arms around the other woman. The woman on the right has grey hair and is wearing a black and white patterned top. The background is a soft, out-of-focus yellow. The text is overlaid on a dark grey rounded rectangle in the upper right portion of the image.

Music, Mental Health & the Aging Population: Evaluating a New Psychosocial Model of Care

*HAPPINESS IS...
helping others*

Music Care Webinar Series
Presented by Kristine Theurer,
MA (Gerontology), MTA
February 11, 2015

The Epidemic of Loneliness & Depression



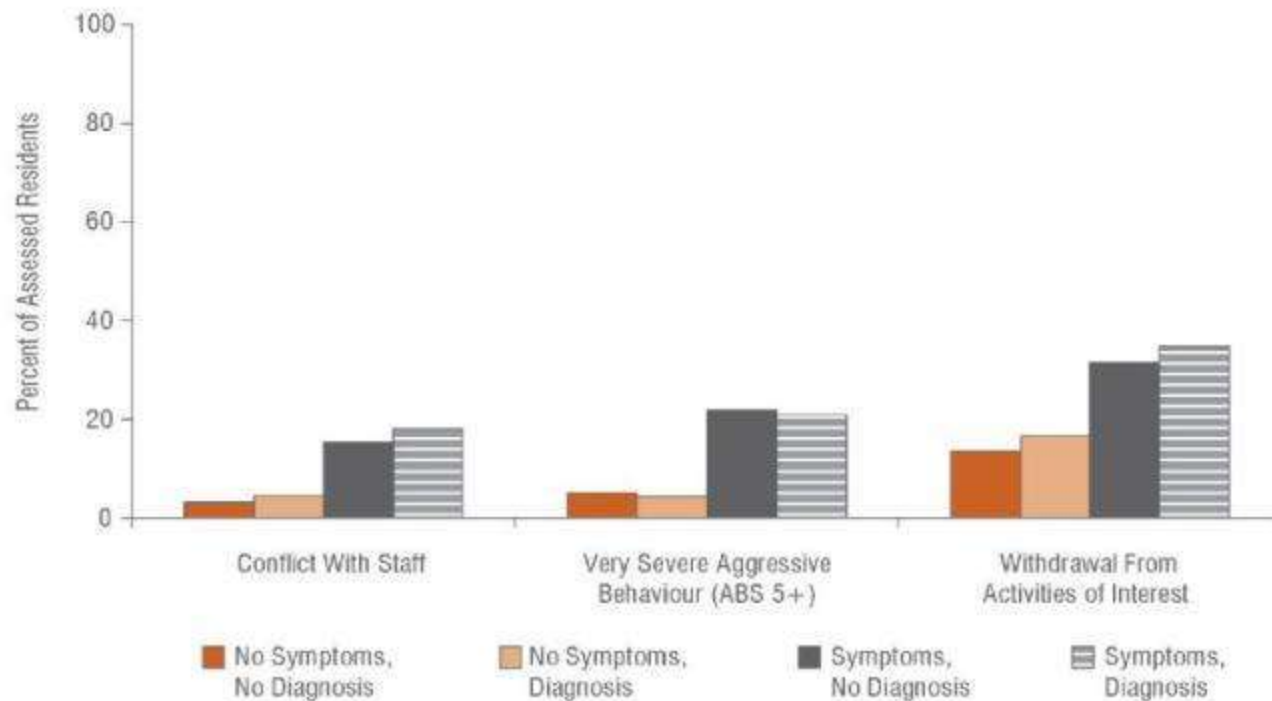
Depression - University of Waterloo (2014)

- the prevalence of depressive symptoms of newly admitted
- 54.3 cases per 100 residents at assessment-60.8 at follow-up¹

Loneliness in Residential Care

- Over half experience loneliness²
- Mental health is more than the absence of depression and loneliness

CIHI: Report on Depression Among Seniors in Residential Care³



Inappropriate Prescribing of Antipsychotic Medications

- Residents are older, have more complex needs and dependency
- Those with dementia express their unmet needs through repetitive verbalizations, responsive behaviors and pacing⁴
- Most common responses are antipsychotic medications or ignoring the behavior⁴

“It’s hard to get to know anybody...”



“No one has time...”

“People here – they are always in a hurry....., they pass you by and say ‘How are you’ and then keep going.

No one has time – to look, to talk.”

“My room is at the end of the world.”



Reframing the Challenge



What is Mental Health?

Mental health includes fulfilling social relationships with other people, productivity, and the ability to adapt to change and cope with adversity.

(President's New Freedom Commission
on Mental Health, 2003)

Theoretical Foundation

- **Tom Kitwood's Concept of Personhood**
 - Fundamental human drive toward helping others
 - When this drive is inhibited, beings do not thrive⁵
- **Riessman's Helper-Therapy Principle**
 - Helping others helps the helpee *and* helper
 - Those observing also receive benefits⁶

Mutual/Peer Support

“We recognize peer support as an integral component of a mental health program for older adults”

US Institute of Medicine (2012)



INSTITUTE OF MEDICINE
OF THE NATIONAL ACADEMIES



Mutual Support and Music

- **Music as a healing tool in mutual support groups:**
 - Platform for discussion, thoughts and feelings
 - Reduction of agitation
 - Can block the perception of pain
- **Music as a therapeutic medium:**
 - Decrease in depressive symptoms⁷
 - Slow progression of high systolic blood pressure⁸
 - Increase in melatonin (relaxation/calmness)⁹
 - Associated with positive emotions and belongingness¹⁰
 - Maintain purposeful selective attention in dementia¹¹

Mutual Support in Residential Care: Research and Development

The Study¹²

- 6-year pilot: residents chose components
- 2-year study: staff manual developed
 - 3 care homes, 65 residents, 7 staff
 - secured, complex & adult day care

Research and funding

- Simon Fraser University
- Social Sciences and Humanities Research Council of Canada
- Michael Smith Foundation for Health Research

What is the *Java Music Club*?



The first standardized mutual support group for residential care using themes, music, photos, readings, a *Talking Stick*.

Why is it unique?

1. Peers helping peers
2. A safe place to share
3. Talking stick ↑ courage
4. Something for everyone
5. Equips *residents* to support those that are lonely in their home
6. Reduces loneliness
7. Reduces staff workload

The Findings: Program Components

The Talking Stick:

- strengthened leadership
- enabled quieter residents

Photographs, Music & Readings:

- added interest
- increased engagement



The Staff's Experience



“I knew this was a positive program. How positive it was going to be I couldn't have even imagined.”

Donna Levi, Therapeutic Recreation Director

The Resident's Experience



- active participation of those with moderate-severe cognitive impairment
- 96% enjoyed the program
- low attrition rate (15.4%)

The Resident's Experience



Resident reports indicate:

- a decrease in loneliness
- feelings of empowerment
- the development of new friendships

A New Sense of Belonging



“It's like
brothers &
sisters that
you don't
have.”

Research Published

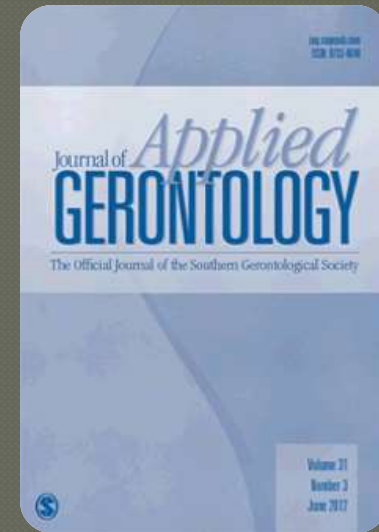
Journal of Applied Gerontology 2012 The Development and Evaluation of Mutual Support Groups in Long-Term Care

Kristine Theurer¹, Andrew Wister²
Andrew Sixsmith², Habib Chaudhury²
and Loren Lovegreen³

¹University of British Columbia, Vancouver, Canada

²Simon Fraser University, Vancouver, Canada

³Case Western Reserve University, Cleveland, OH, USA





This is different, something special. It takes the loneliness away.

Resident

A smashing success—everyone is loving the program!

Schlegel Waterloo Research Institute for Aging

I have been doing the Java Music Club have felt honoured to hear the stories and feelings. I also personally feel grateful, I listen and they listen. Thank you for taking the time to train me and for developing such an innovative and needed program.

Jackie Kramer, Retirement Recreation, Village of Winston Park



UNIVERSITY of
ALASKA ANCHORAGE



The Serendipity Adult Day Services
The Salvation Army

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 and a song
4. **Middle**
sharing, quotes, songs, photos
5. **Closing**
closing affirmation, closing song



Day-to-Day Challenges

Discussion Suggestions

- Sometimes the challenge of smaller day-to-day things can make it hard to get through a day—or even hard to get-up in the morning. Do you have any day to day challenges?
- What helps you get through each day?

Song Suggestions

Older Songs

- Nobody Knows the Trouble I've Seen (#75 / CD4 - S12)
- Pick Yourself Up (#85 / CD5 - S1)
- Side by Side (#94 / CD5 - S10)

Recent Songs

- Raindrops Keep Falling on My Head (#89 / CD5 - S5)
- Song Sung Blue (#97 / CD5 - S13)
- Don't Worry, Be Happy (#28 / CD2 - S7)

Sensory Cue Suggestions

- The theme photograph
- Invite the group to talk about a challenge that they are experiencing where they live—a challenge that is perhaps shared by others in the group. Then talk about what the opportunity is in that challenge, ideas for new perspectives on it, and how to live in the solution with it. When you are finished, invite them to do the “Getting Centered” practice again.



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 (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.



Day to Day Challenges



Hope



Boredom



Gratitude

Theme Related Quotes

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

Dale Carnegie

It's not whether you get knocked down.
It's whether you get up again.

Vince Lombardi

What the world really needs is more love and less paper work.

Pearl Bailey

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.**

The Java Music Club and Java Memory Care



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

Hilary Lipsett, Staff

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