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Licensee of The Eden Alternative,
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What is
The Eden Alternative?

The Eden Alternative philosophy of care is built on ten guiding Principles

What is it

The Eden Alternative is a way of providing care that puts the recipient at the centre of decision making about the way they want to continue to live their life. Staff who have been educated on the philosophy have had the opportunity to experience and explore what it feels like to require care and support to live a meaningful life and to discover and develop appropriate caring strategies. With this insight and knowledge they are able to support individually designed care plans for each resident or client that goes beyond everyday requirements to ensure all the elements of wellbeing are met.

How does it work

To address the first five Principles of the philosophy the first essential step is getting to know a resident or client deeply by forming a trusting relationship, then enabling them to continue to do things they are able to, whatever their abilities, and ensuring life still includes the unplanned things that brings a sparkle to their day. Providing meaningful activities to maintain the feeling of self-worth; remembering to think of the resident or client as a person before their disability or frailty and giving them the opportunity to make the decisions that affect their daily lives covers Principles six, seven and eight. Principle nine is about maintaining and sustaining this approach to care and Principle ten emphasises the importance of wise leadership for an effective implementation of the philosophy which forms the foundation of good care upon which all other good practice can be built and enhanced.

Who Benefits

- Those being cared for and supported have control of their lives according to their abilities and are supported in a way that is determined by them.
- Relatives have peace of mind and often become involved in the home.
- Care givers are empowered to use their creativity to work with their residents giving them heightened job satisfaction
- Employers benefit from better staff retention, less spending on recruitment and reduced absenteeism.
- Organisations gain higher ratings from regulating inspections and higher occupancy.

The Eden Alternative was founded in America by a geriatrician, Dr William Thomas. Over the past twenty years since its inception, the Eden Alternative has become a world leader in culture change for elderly people. The philosophy is now practiced in many countries throughout the world and has become very successful because it is applicable wherever people require care and support whatever their particular culture or circumstances. The Eden Alternative philosophy of care has now been adapted for people being cared for and supported in the community.



The Eden Alternative Principles

1. The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our Elders.
2. An Elder-centred community commits to creating a Human Habitat where the life evolves around close and continuing contact with plants, animals and children. It is these relationships that provide the young and old alike with a pathway to life worth living.
3. Loving companionships is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centred community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centred community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring never, never its master.
8. An Elder-centred community honours its elders by de-emphasising top-down bureaucratic authority, seeking instead to place a maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
9. Creating an Elder-centre to community is a never-ending process. Human growth must never be separated from human life.
10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.