

## THE TEN PRINCIPLES OF THE EDEN ALTERNATIVE

- 1.** Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.
- 2.** A caring, inclusive, and vibrant community enables all of us, regardless of age and ability, to experience well-being.
- 3.** We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
- 4.** We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
- 5.** We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.
- 6.** Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.
- 7.** We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.
- 8.** Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
- 9.** Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing, and adapting.
- 10.** Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.

THE  
**eden**  
ALTERNATIVE®  
CERTIFIED MEMBER

EMPOWERING • CONNECTING • TRANSFORMING

As a Certified Eden Member, we commit to:

**STRENGTH-BASED SOLUTIONS**

Focusing on what we CAN do

**PERSON-DIRECTED CARE**

Upholding one's right to choose for oneself

**AN EMPOWERED CULTURE**

Engaging the voice of each person

## Because we embrace the Eden Approach:

### You'll Notice...

Something is different here. That's because love flourishes and meaningful relationships are nurtured. People are engaged in life. There is a light in everyone's eyes, which reflects both living with purpose and the daily experience of caring connections and interactions.

### You'll Experience...

The power of care partnership. With care partnership, the needs of caregivers are not separate from the needs of care receivers, and instead we uphold well-being for all. Opportunities to give as well as receive are alive in every moment. We tap into these opportunities and offer everyone, including you, the chance to contribute to daily life in meaningful ways. Close relationships grow when the rhythm of daily life is defined together – when to learn, play, and grieve, when to celebrate, and when to just be.



## Well-Being is a Human Right.

As a Certified Eden Member, we provide an approach to care that supports the WHOLE person, that upholds their right to a life full of purpose, connection, empowerment, and possibility... regardless of age or changing abilities.

Learn more at [www.edenalt.org](http://www.edenalt.org)

## About Eden Membership

We have chosen Eden Membership because we are committed to creating a caring, inclusive, and vibrant community where each person matters and everyone can grow, regardless of their age or abilities. The Eden Approach is based on education and best practices that have been proven effective over 30 years of implementation and connects us to the latest information and techniques through a vast network of others committed to person-directed care.

Through our collaboration with The Eden Alternative, our process of growth and transformation is unique and never-ending. Ask us about our journey with The Eden Alternative and which best practices we are working on. We are happy to share our story with you – our care partner – and welcome your feedback and suggestions as we continue to grow. Your support is the key to our success.

## Watching & Listening: How The Eden Alternative Began

Dr. Bill Thomas will never forget the words of an Elder who reached up to draw him near and whisper, "Doctor, I am so lonely." As the Harvard-educated physician and board-certified geriatrician watched and listened to life in the nursing home where he worked, he witnessed that the institutional model of care breeds three deadly conditions of the human spirit: Loneliness, helplessness, and boredom. Dr. Thomas and his wife, Jude, envisioned an environment where people could live and thrive, not just wait to die. Their vision of creating a caring, inclusive, and vibrant community led to founding The Eden Alternative, which continues to change the lives of thousands of Elders (residents) and their care partners around the world.

### THE EDEN ALTERNATIVE DOMAINS OF WELL-BEING

Identity, Security, Connectedness, Autonomy, Meaning, Growth, and Joy.