



OBJECTIVES

- ❖Name 3 Eden Alternative principles and their importance in the Elders lives
- ❖Apply the 3 principles discussed to regulations in long term care
- ❖Identify 2 challenges of balancing person centered practices with matters of compliance

THE TEN EDEN PRINCIPLES

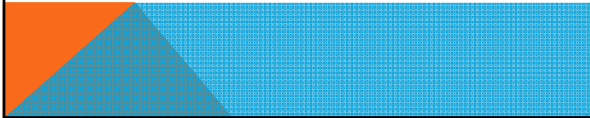
- 1.The three plagues of loneliness, helplessness, and boredom account for the bulk of suffering in a human community.
2. Life in a truly human community revolves around close and continuing contact with children, plants, and animals. These ancient relationships provide young and old alike with a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. In a human community, we must provide easy access to human and animal companionship.

THE TEN EDEN PRINCIPLES CONT.

4. To give care to another makes us stronger. To receive care gracefully is a pleasure and an art. A healthy human community promotes both of these virtues in its daily life, seeking always to balance one with the other.

5. Trust in each other allows us the pleasure of answering the needs of the moment. When we fill our lives with variety and spontaneity, we honor the world and our place in it.

6. Meaning is the food and water that nourishes the human spirit. It strengthens us. The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone.



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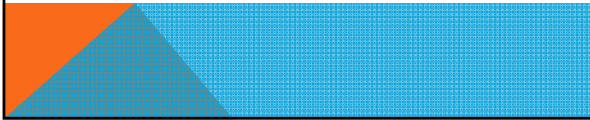
THE TEN EDEN PRINCIPLES CONT.

7. Medical treatment should be the servant of genuine human caring, never its master.

8. In a human community, the wisdom of the elders grows in direct proportion to the honor and respect accorded to them.

9. 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.

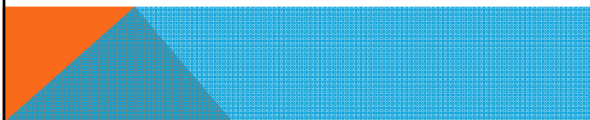


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PRINCIPLE ONE: THE THREE PLAGUES

The Three plagues of loneliness, helplessness, and boredom account for the bulk of suffering among elders

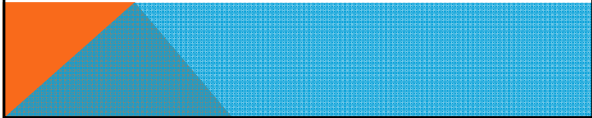
- **Loneliness:** The pain we feel when we want companionship and cannot have it
- **Helplessness:** The pain we feel when we only receive care and never have an opportunity to give care
- **Boredom:** The pain we feel when our lives lack variety and spontaneity



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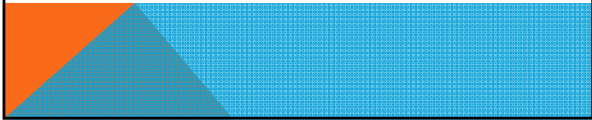
PRINCIPLE TWO:

Life in a truly human community revolves around close and continuing contact with children, plants and animals. These ancient relationships provide young and old alike a pathway to a life worth living.



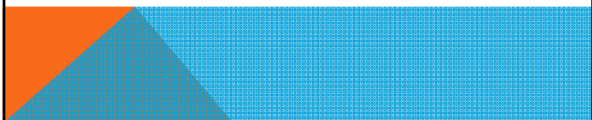
PRINCIPLE SIX

Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health



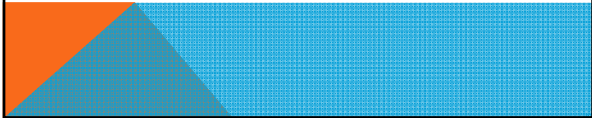
POSITIVE OUTCOMES

- **Being well known through a comprehensive, individualized assessment will reap benefits**
- **Living a significant, valuable, purposeful life does the heart, mind, body and soul good**
- **Experiencing happiness, pleasure, delight, and contentment creates a joyful environment for all**



CHALLENGES!

- **BUDGET**
- **LAYOUT OF BUILDING**
- **STAFF BUY IN**
- **ELDER CHOICE**



RESOURCES/REFERENCES

- **State operations Manual: Appendix P and PP**
- **Certified Eden Associate Educator's Guide**

