Improving Dementia Care with the help of the Eden Alternative

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What is it?
### What is the Eden Alternative?

- International not-for-profit organization based on the belief that aging is a time of continued growth rather than decline
  - Large network of peers to consult with and get ideas from
  - Belief is that living well with dementia is about growth and opportunities
  - Dementia care should be strength based - not deficit based

### What is the Eden Alternative?

- Tool used to help organizations, families, caregivers and Elders on the culture-change journey
  - Multiple trainings and educations for elders, caregivers and families
  - Ideas apply across the continuum of care

### What is the Eden Alternative?

- Vision is to transform the communities in which Elders live and to eliminate loneliness, helplessness and boredom
  - The Eden Alternative 10 Principles are the foundation and they work with everyone
  - Domains of Well-being are for all care partners

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10/13/2014
The Eden Alternative

Brief look at some tools for your toolkit...

* Eden 10 Principles
* Domains of Well-being
* Educational offerings

Eden Alternative Principles

- 1. The three plagues of loneliness, helplessness and boredom account for the bulk of suffering among our elders.
- 2. An Elder-centered community commits to creating a Human Habitat where life revolves 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 a life worth living.
- 3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
- 4. An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.
- 5. An Elder-centered 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.

Eden Alternative Principles

- 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 its master.
- 8. An Elder-centered community honors its Elders by de-emphasizing top-down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
- 10. Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.
Domains of Well-Being

- Created by a taskforce of culture change experts
- Serve as a framework to help identify unmet needs

Domains of Well-Being

- **IDENTITY**—being well-known; having personhood; individuality; having a history
- **GROWTH**—development; enrichment; expanding; evolving
- **AUTONOMY**—liberty; self-determination; choice; freedom
- **SECURITY**—freedom from doubt, anxiety, or fear; safety; privacy; dignity; respect
- **CONNECTEDNESS**—belonging; engaged; involved; connected to time, place, and nature
- **MEANING**—significance; heart; hope; value; purpose; sacredness
- **JOY**—happiness; pleasure; delight; contentment; enjoyment

Educational Offerings

- **Certified Eden Associate Training**- all the ideas and tools can benefit those living with dementia and their care
- **Reframing Dementia Workshop Kit**- teaches about Principles 1-5, ageism, relationships
- **Dementia Beyond Drugs training**- Pushes beyond Reframing Dementia to focus on tools and techniques that shift our perspective on people living with dementia, shifts the conversation from behaviors to unmet needs
Why Eden Alternative?

- All offerings are validated and researched
- Ideas apply across the continuum of care
- More than just a program... it's about how to think differently

Contacting The Eden Alternative

- www.edenalt.org

Upcoming Eden Associate Training -
November 11-13th at the KHCA building in Topeka
Cost: $495

Great opportunity to learn more about The Eden Alternative, add some tools to your toolkit and meet new friends who share your journey!

Thank you!