



## Facts & Basic Information

Eden at Home applies the Eden Alternative's Ten Principles to improving quality of life for Elder(s) living at home and their care partners. By our definition, care partners include family, friends, neighbors, volunteers, home health professionals, and the Elder herself. With an eye for changing the culture of care at the grassroots level, Eden at Home (EAH) emphasizes building creative and collaborative care partner teams empowered by concepts central to person-directed care. EAH promotes a culture of meaningful care in our communities that does not see the needs of caregivers as separate from the needs of care receivers, but rather advocates for the well being of the whole care partnership. Working together, empowered care partner teams help to ensure the independence, dignity, and continued growth and development of Elder care partners via a quest to eliminate loneliness, helplessness, and boredom for everyone on the team. Concepts and ideas core to this initiative include:

- Even someone's home can feel like an institution
- Quality of life, for all of us, is significantly impacted by our culture's attitudes and perceptions of aging and different physical and cognitive abilities. Asking ourselves challenging questions about our assumptions, attitudes, and fears regarding our own aging is an important first step toward reframing the culture of care in our communities.
- Quality of life should be defined in terms of what we CAN do and what we have to offer, as opposed to what we CAN'T do and how we might be limited.
- Care is defined as that which helps another to grow. Defining care in this way focuses on the quality of our relationships as the key to our success. And it acknowledges that care is for EVERYONE on team, not just those requiring treatment.
- Meaningful care is that which nurtures the human spirit as well as the human body, while celebrating and encouraging each person's unique capacity for growth.
- An Elder is someone who by virtue of life experience is here to teach us how to live.
- Elders have a legacy or gift to share with their loved ones and their communities.

- “Elderhood” is honored as a unique and valued phase of human development, rather than merely the decline of life.
- The needs of caregivers and care receivers alike are part of an interdependent system called Care Partnership.
- When those usually described as care receivers learn that they have something to give - and there is always some way that they can, no matter how subtle - and those usually described as care givers realize there are ways that they receive from care receivers, some amazing shifts can occur in the care relationship.
- Collaborative, supportive care partner teams include the participation of the Elder herself.
- Empowered care partner teams learn how to identify and build on their shared strengths.
- Care partnership implies a balance of care -- an acknowledgement that opportunities to give as well as receive are abundant and experienced by *everyone* involved in the care relationship.
- Focusing on interdependence naturally shifts the energy away from “disabilities” to abilities, because it relies on reciprocity, and implies that everyone, no matter what their limitations might be, has something to give.
- A Human Habitat is a place where different species live and interact in a supportive, empowering way -- eager and able to thrive, not just survive!  
*It includes:*
  - ✓ Empowered care partners
  - ✓ Balance of giving and receiving
  - ✓ Meaningful relationships
  - ✓ Diversity of life and experience
- A culture change model for home and community-based care needs to speak to all of the stakeholders involved and bring them all together around a shared language and perspective.