



The Eden Alternative in OZ & NZ



NEWSLETTER

Issue No. **20**

December 2021



Human Identity
Variety
Wellbeing
Loneliness
Empowerment
Helplessness
Companionship
Connectedness
Autonomy
Joy
Eden Alternative Principles

The Eden Alternative Community remains connected through Covid19

The global pandemic, commonly called Covid19 has had significant impact on all our lives. It's been an extraordinary 18+ months since the world went into a massive lockdown (and since our last newsletter). This is our Summer special to kick off our New year for 2022 and to bring you all up to date.

In the first few months of the pandemic, we were concerned about our Eden community. How were they coping with the myriad and very sudden government directives to lock down their communities? How were staff, residents and families coping?

PPE became the must have fashion accessory. Keeping older people safe was the mantra with many locked into their homes. As a consequence, 'surplus safety' focus has seen many losses of individual

freedom and autonomy, decision making, personal agency and lives. It has been a time to reflect and assess what is important to us, individually and collectively.

In our region we've not only remained connected, we've forged new opportunities to grow our Eden community. Commencing in May 2020, the Tribes of Eden started gathering virtually. All Eden registry members, interested others, and new organisations come together to share stories, meet others and continue to grow. It is these connections which are proving to be the most valuable.

It's been an intense time and there has been a wonderful sense of community that transcends anything we may have had with each other in the past.

The Eden Alternative Community remains connected through Covid19 cont.

We have very good evidence that Eden Registry members have innovated, kept everyone safe, thrived and continued to challenge the status quo. What started out as a means to connect has become a regular monthly feature in 2021 and beyond.

Guest speakers have included Frances Larkey PhD student, who has shared some of her findings from her research on the impact of a person's wellbeing through the Eden Alternative. Her research to date, has identified 513 initiatives. One key finding has included that a dedicated staffing model is more successful for everyone - staff, residents, families. See summary image below.

Mandy Salomon from Mentia presented how her innovative I.T. product can assist us all in meeting

recommendations from the Aged Care Royal Commission Report. Specifically, recommendation #86. How can we measure the engagement time we spend with people in a meaningful and accurate way?

What needs to happen for future engagement opportunities to combat loneliness, helplessness and boredom? In short, digital technology, further education and training and an experiential space that is constantly innovating.

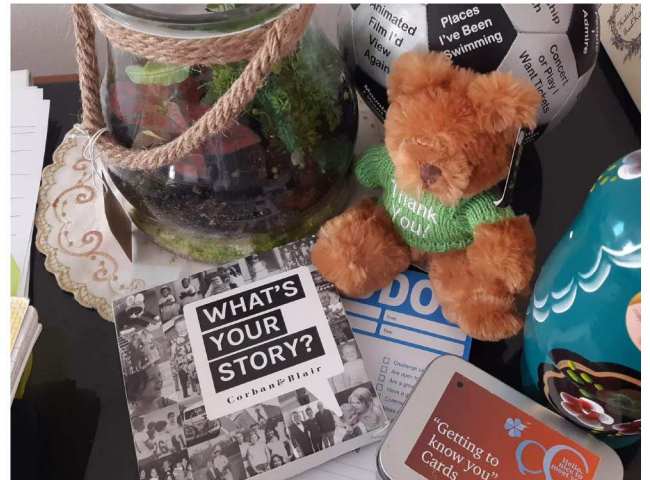
For more information go to www.mentia.com

In 2022 we will be joined by Dr Bill Thomas on one of our Tribes of Eden sessions. Watch out for notification for his session. It will be at 10am Victorian time, date to be confirmed.





New Eden Associates at Carealot Community Care, W.A. - December 2020



Eden resources - do you have yours? Use them regularly to create spontaneous moments and informal education opportunities.

New in 2022 - Eden Train the Trainer workshop



Calling all Eden champions who are interested in becoming an Eden trainer with Eden in Oz & NZ. Covid has taught us many lessons. One of these being that for mutual growth and development we must grow our greatest resource which is our education team.

We are planning a three day workshop for Eden Associates who are interested in becoming Eden trainers with our organisation in April 2022 in Brisbane QLD.

In fulfilling the requirements to become an Eden trainer you will be able to provide nominated Eden short course workshops (excluding the 3 day Associate course) to your organisation's community.

There is an expectation that you will actively join our external Eden Associate training team at least twice per year as well as for your organisation throughout the two year program.

There will be an application process including a short video presentation. Individuals should register their interest in attending this event via email: training@edeninoz.com.au.

Thank you and goodbye Annie Gibney

We'd like to say an enormous, **THANK YOU** to Annie Gibney, Director of Residential Services, Wesley Mission Qld who leaves this role at the end of December 2021 after more than 20 years with the organisation.

Annie has been instrumental in implementing the Eden Alternative model into the residential services at WMQ. Annie helped create the Wesley Charter for the organisation which shows the connectivity of the Eden Alternative Principles and Domains of Wellbeing with their Vision, Mission and Values. We wish Annie every success in the future.

Seen in this photo LtoR - Jill Vitale-Aussem, Annie Gibney, Dr Bill Thomas, Silvia Holl @Anam Cara, 2019.



EDEN EDUCATION UPDATE

Covid19 took the wind out of our sails from April to September 2020. During that time all education sessions were on hold. From September 2020 we have been able to move to an online option for our clients as well as providing our premium face to face training sessions when Covid allows.

Moving to an online platform is a very different way of presenting and learning the key aspects of the Eden Alternative. Claud Switzer Home, in Kaitia New Zealand, were the first to trial the Introduction to the Eden Alternative 3 hour workshop. This short course enables greater flexibility and accessibility if you have a lot of people to educate about the Eden Alternative.

We moved to formalising our certified Eden Associate course into an online format which comprises six (6) x three hour weekly sessions. Weekly growth work is completed in time for the next session. Further growth work is involved at the end of the 6 weeks.

Through 2020/2021 we've delivered this 6 session format into New Zealand, Hong Kong, South Korea, Australia and China.

Our digital artist from Catfish Creative captures key discussion points throughout the six weeks and provides a wonderful summary of the journey.

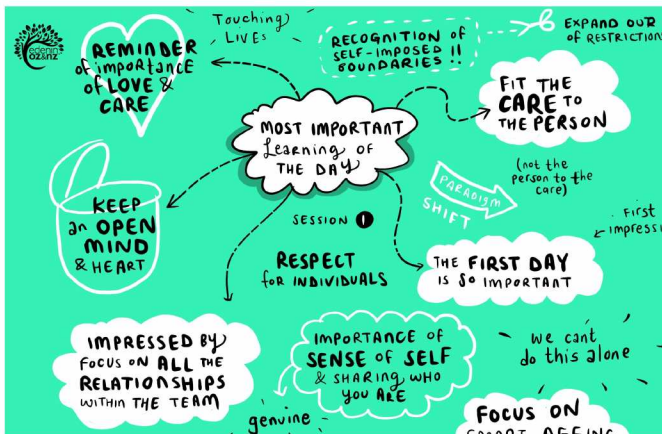
Online Eden training goes to Hong Kong

A warm welcome to Culture Homes /Forward Living in Hong Kong for initiating their first online Eden training sessions. Not only did we all need to get used to the online format, the HK team had to also contend with wearing masks whilst participating in the weekly sessions. Since this training, their new home has opened and they are working towards their Eden Registry application in 2022.

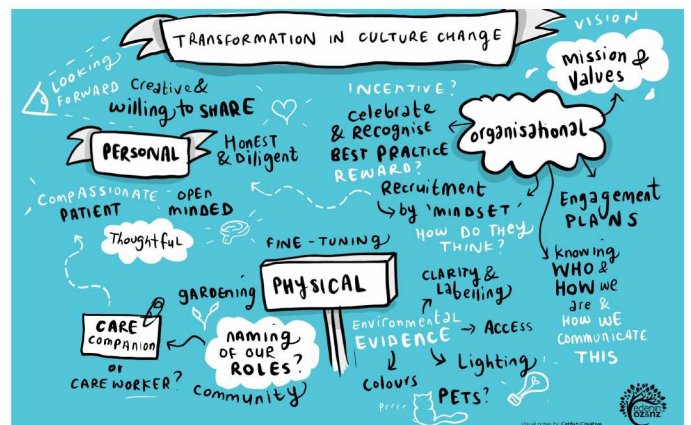
The Salvation Army HK have also held their online education sessions in 2021 with 14 new Eden Associates. Jay Wong, Eden Champion, has been an amazing individual changing the culture of care in her community.



The leadership team from Forward Living HK at the end of their sixth week of online learning.



Day one - most important learning today



Transformation in Culture Change

EDEN REGISTRY

We use a Principles based approach to our Registry membership. Becoming an Eden Registry Members means a commitment to pursuing innovation and best practice in all that we do in supporting older people no matter where they live. This includes those living with different abilities and enabling others to lead their best lives.

Where do you start on your Eden journey?

The first step is to provide Eden education for your leadership team and other care partners. As a minimum, all leaders should attend the 3 day Eden Associate course. From there, consider your next group of change agents to complete the same course. Ideally, you're looking at training 25% of your core team to implement this relationship directed model of care.

Eden registry on site validation visits recommence in 2022.

EDEN REGISTRY MEMBERSHIP JOURNEY

Becoming an Eden centre of excellence is definitely a journey of incredible growth, frost, opportunity and creativity. What do you need to succeed?

1. Organisational support from: your staff, community, board, volunteers and elder community
2. A proven track record of educating your people in the Eden Alternative philosophy across the community. This includes short courses, 3 day Eden Associate course, toolbox talks, informal learning.
3. A commitment to the ongoing challenges of implementing this model of person directed care.
4. An initial community focus upon Eden Principles 2 & 10.

Contact the EION office for how to start your Eden journey via email - registry@edeninoz.com.au

Leadership in the time of a pandemic



EDEN IN OZ & NZ BOARD MEMBERS 2021/2022

Iris Ritt - Board Chair

Jill Woodward - Elizabeth Knox Home & Hospital, NZ

Dr Tanya Petrovich - Dementia Australia

Sally Hopkins - Eden in Oz & NZ

EDEN INTERNATIONAL REGIONAL CO-ORDINATORS



Some of the EARC's and Eden Home Office staff at our bi-monthly virtual meetings.

EDEN INTERNATIONAL BOARD

The Eden International Board comprises a number of volunteers who are located around the world. They are committed to supporting the growth of the Eden Alternative globally.

Chris Cheek, Chair

Cheryl George (Eden Can. East) Peter Reed

Tom Zwicker

Toby Gannett

Angie McAllister

Deke Cateau

Patrick Bultema - CEO - Eden USA

EDEN INTERNATIONAL CONTACTS

The Eden Alternative is a global organisation with Eden Alternative Regional partners in some surprising places including:

Eden in Australia & New Zealand
www.edeninoznz.com.au

Eden South East Asia
www.edenalt.asia

Eden Canada - West
www.edenhealthsolutions.com

Eden Canada - Central & Atlantic
www.edencan.com

Eden Denmark
www.edendenmark.dk

Eden Iceland
www.edeniceland.org

Eden South Africa
www.edenalt.co.za

Eden UK & Ireland
www.eden-alternative.co.uk

Eden USA
www.edenalt.com

Eden Mauritius
www.edenmauritius.com

Eden Spain
<https://wdintlconsulting.com/eden-alternative-spain/>

Eden Switzerland & Sweden