



The Eden Alternative in OZ & NZ

NEWSLETTER

Issue No. **20**

Autumn 2020



EDEN CONFERENCE 2019 REVIEW

The Eden in Oz & NZ conference held in Brisbane, Australia, hosted more than 140 national and international delegates in October 2019. This was the first event of its type held in the Southern Hemisphere since 2006. What a marathon it was!!!

The conference theme, "living a meaningful life is a risky business" aimed to challenge the narrative around risk and empowerment of residents/clients and staff.

At a pre-conference networking workshop, the Tribes of Eden came together to educate, celebrate and plan for the future. Dr Bill Thomas was thankful for all that we've achieved to date, but we should remain dissatisfied with progress. We need to

continue to disrupt the status quo.

Throughout the two and a half days we were able to come together to share our stories, to listen with intent and celebrate all that is great about the work that we do. It was a wonderful antidote to the negative stories we have heard from the Aged Care Royal Commission in Australia.

Using the three transformations of Culture Change - Personal, Operational and Physical, participants were able to choose from a variety of speaker and topic options.

Presentations from Australia, USA, New Zealand and Singapore provided contemporary and thought provoking topics that inspired many to challenge their own

EDEN CONFERENCE 2019 REVIEW(Cont'd)

ideas around ageing. Keynote speakers got us questioning the 'why' of what we do and that whilst we may be doing some excellent work in changing the culture of care, we must continue to challenge and be dissatisfied with our progress.

Innovations were highlighted in our Posters exhibition; delegates engaged with each other and the elders rocked the house by telling us what they loved about where they lived.

Site visits occurred for our international visitors from the USA, Singapore and Hong Kong.

Our fabulously talented Eden trainers were easily identifiable as room hosts and presenters. For others, they were first time presenters sharing their story or that of others.

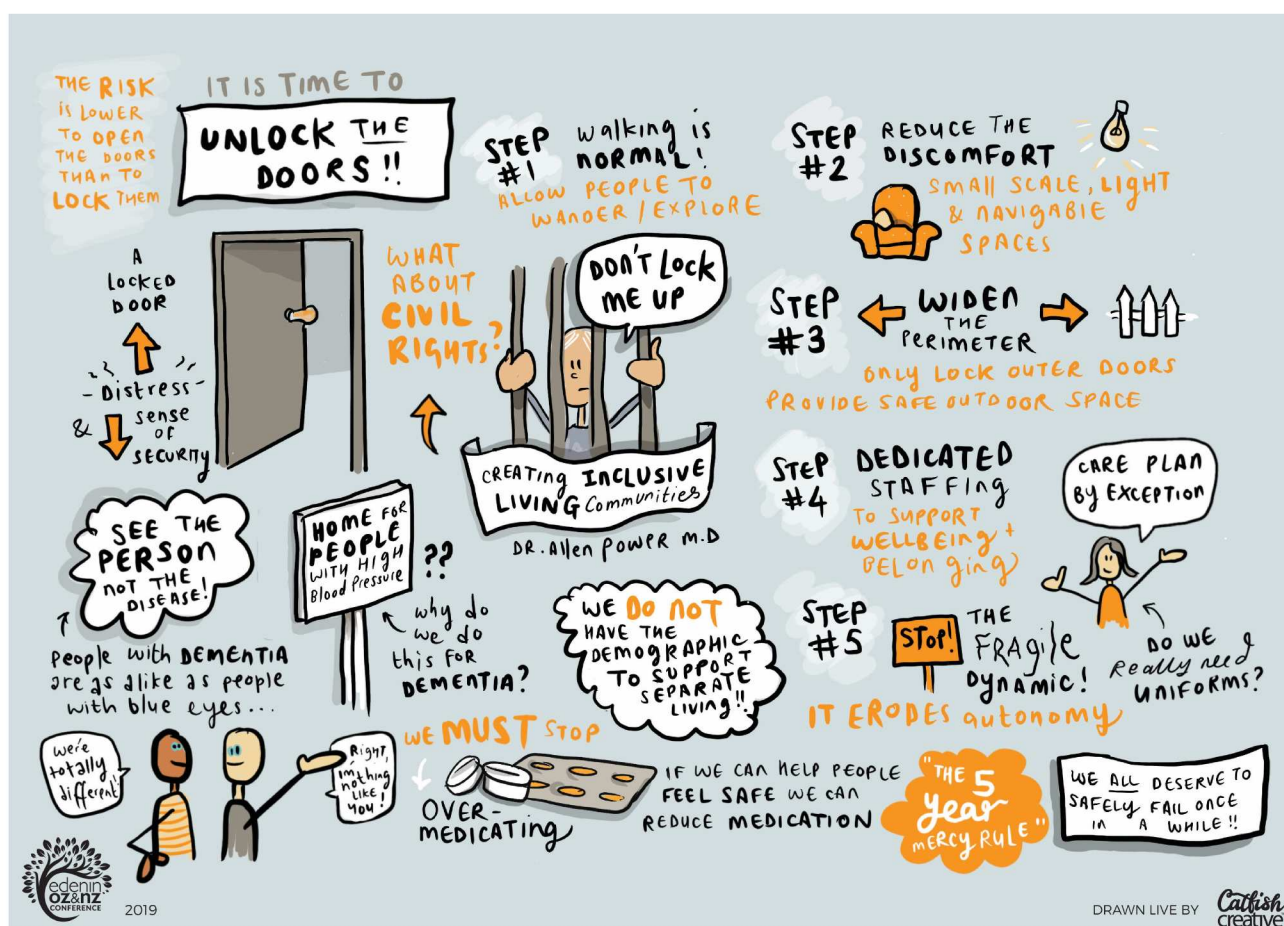
Our digital artist, Cath Leach, captured key concepts from some presentations and we are able to share these with you.

As Dr Bill Thomas noted, the work we are doing and have done to date is great, but we must remain dissatisfied with our achievements and continue to challenge the norm. If we become desensitised to the current status, we won't improve or grow.

There is much work to do. We are all charged with fighting ageism and improving the lives of Elders...one person at a time. There is MAGIC to make!



EDEN CONFERENCE 2019 REVIEW(Cont'd)



Dr Al Power was another of our keynote speakers and presented an argument for creating inclusive living communities.

He continues to challenge our perceptions of what is really happening for people living with dementia. Why do we continue to create 'secure units' or 'locked wards' or 'dementia specific living areas' for people, who's only crime is that they have a disease of the brain?

Key challenges that we all see include:

- an overuse of medications (for convenience and control). Chemical restraint is a form of abuse.
- shifting our perceptions of an individual - see the person not the disease.

In case you missed the key points of his presentation, remember that:

1. walking is normal - enable people to walk and explore
2. create small scale, light filled spaces for people easily access
3. widen the perimeter - only lock outer doors that provide a safe outdoor space
4. dedicated care partners are a must
5. Uniforms - are they really necessary?

And finally, apply the 5 year rule - if nothing has changed in 5 years, we all lose and you lose in the stakes for change for people living with dementia.

EDEN CONFERENCE 2019 REVIEW(Cont'd)



On our second day we had an Elder driven panel that focused upon the question, "What I love about my address - living a meaningful life".

Four elders from different Wesley Mission Aged Care homes in Queensland - Judith Nelson, Patrick Passfield, Yvonne Hooper and Nancy Macguire - came together to share their view of living in aged care and what it meant for them. For many, this was their first time ever speaking at a conference or in front of a large group of strangers and they were seriously nervous about how they would go. They needn't have worried.

Each person shared what are some of the important things to them about where they live. Aside from the excellent care that they are getting, they're able to get out and about, connect with people, set small daily goals, continue to educate themselves through on line learning courses, meet and care for their friends. One stated 'she'd be dead if she wasn't living where she is today'.

They have meaning and purpose in their lives. At the end of their session, they received a standing ovation. The wisdom of the Elders continues to educate us all.

EDEN CONFERENCE 2019 REVIEW(Cont'd)



Delegates (from LtoR) Megan Marama, Sally Hopkins (Executive Director), Jill Vitale Aussem (Eden Alternative CEO/President) and Brandi Edwards from Green House Homes at Mirasol Colorado, USA.



A site visit to WMQ Anam Cara's new Clear Mountain cottages, with Sally Hopkins, Jill Vitale Aussem, Annie Gibney, Bill Thomas and Silvia Manager (Manager)



Delegates from Hong Kong joined us, From LtoR, Lai Shan, Sally Hopkins, Bill Thomas, Benson Ip, Kin Wai (Shirley) Wong and Jody Mak.



Delegates from SLEC, Singapore, visited both Rosemary House and Cedar House operated by Dementia Australia on the Gold Coast before they attended the conference. They also visited Parkview, Cooper House and St Marks Homes in Geebung.

EDEN CONFERENCE 2019 REVIEW(Cont'd)

A small group of sponsors provided great information and support to this event. They included:

- Mirus Australia
- Dementia Australia
- True Doors
- Wesley Mission Queensland
- Silver Memories
- MiCare Ltd
- Person Centred Software

We thank them for joining us and finding their tribe.

Our pre-conference Tribes of Eden event was a wonderful way to connect with old and new Eden Associates and significant others. We explored the importance of becoming well known and how this is an ongoing challenge for everyone in all organisations. If you believe that you truly know your people, then we'd challenge you to look again. There is more we can learn about each other.

The Eden conference was a leap of faith on so many levels. We anticipated that people would want to come together. We were blown away by the level of support from our Eden tribe across Australia, New Zealand, Singapore and Hong Kong. Our thanks to everyone who made this event such a success. This includes our volunteers Cathy Meyer and Alan Hopkins and conference co-ordinator Jason Thomas and our Eden team. See you next time, perhaps in 2022.



Eden Angels and Room Co-ordinators



Bill Thomas, Marlene Benson and Al Power, reconnecting

EDEN REGISTRY

Becoming an Eden Registry Members means a commitment to pursuing innovation and best practice in all that we do in supporting older people and those with different abilities to lead their best lives as much as possible. In November 2019 we visited AAWA for their bi-annual review. Both Mary Chester House and Hawthorn House are fully registered centres.

Their services embrace the community of people living with dementia. Ella's house in Mandurah were successful in achieving recognition in Principles 3,4,5 & 6. They all continue to stretch the perceptions of ablement for those living with dementia.



WMQ - Cooper House Foyer

NEW~FULLY REGISTERED STATUS - WMQ COOPER HOUSE

In March 2020, prior to Covid19 lockdown, we revisited this wonderful home of 58 residents to immerse ourselves in their home and the warm culture that has been created. It hasn't always been smooth sailing for this home as they've progressed on their Eden journey.

Two residents have recently completed the 3 day Eden Associate course - Judith Nelson and Joyce White. Their new time capsule established by the residents will be opened in 2024.

Congratulations to Wesley Mission's Cooper House in Geebung Queensland for their successful review of Eden Principles 9 and 1 which makes them a fully registered Eden home.



Eden Registry Success at Cooper House



The day's main event - a Teddy Bears Picnic



Judith Nelson, Associate Elder leading a learning circle

EDEN EDUCATION UPDATE

It's been a busy start to year and pre-Covid19 we were able to provide a number of in house and open training sessions in Australia and New Zealand.

In Australia, we held open sessions in Brisbane and Perth. In the Brisbane group we had two resident Elders from WMQ Wesley Mission join the other participants. This was a first for any Eden training in Australia, where registry members are now including some of their elders into this training.

A warm welcome to Rannerdale War Veterans in Christchurch NZ for their first Eden training session.

Congratulations to the ongoing commitment of both Enliven PSC and Knox Home and Hospital in New Zealand Their teams report amazing results of ongoing and permanent change across their communities as a result of the Eden Alternative model of person directed care.



New Eden Associates-Eden Open February - Perth WA



New Eden Associates-Rannerdale War Veterans, Christchurch, NZ



New Eden Associates - Eden Open February, Brisbane QLD



New Eden Associates-Knox Home, Auckland NZ



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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.

The Eden International Board is comprised of:

Chris Cheek, Chair

Sally Hopkins, Vice Chair (Eden in Oz & NZ)

Karin Dahl (Eden Denmark)

Cheryl George (Eden Canada East)

Jennifer Christiano

Tom Zwicker

Peter Reed

Angie McAllister

Deke Cateau

Mitch Opalski

EDEN IN OZ & NZ BOARD MEMBERS 2020

Jill Woodward - Elizabeth Knox Home & Hospital, NZ

Iris Ritt - St Carthages Community Care, NSW

Jillian Jeffrey - RSL Lifecare Care, ACT

Sally Hopkins - Eden in Oz & NZ

Dr Tanya Petrovich - Dementia Australia

EDEN INTERNATIONAL CONTACTS

The Eden Alternative is international with Eden Alternative Regions in some surprising places including:

Eden in Australia & New Zealand

www.edeninoz.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

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Eden Switzerland & Sweden