



# The Eden Alternative in OZ & NZ

**BUMPER  
ISSUE**

NEWSLETTER

Issue No. **22**

Summer 2022/23

## We are all in this together...

Hello and welcome to our Summer 2022/2023 bumper edition. We decided that for this issue we would do a recap of 2022. We understand that the ongoing Covid pandemic continues to place a strain on everyone across the sector and our region.

For the first half of 2022 we remained grounded due to international Covid border restrictions. From July onwards we were able to fly to many different parts of the country and the world. Our first international trip was to New Zealand.

We were able to participate in a number of Eden Registry support visits which were heartwarming. These visits enabled everyone involved to realise that in spite of Covid, imposed government controls and interventions, so many amazing opportunities for

growth occurred. In 2023 we will continue to offer this "fee for service" event to **ALL** Eden Registry members who have or are experiencing 'frost' and need a reset.

Our online Tribes of Eden registry meetings continue to offer you an opportunity to learn, share and network across the globe. From one of our sessions, the graphic below identifies the unexpected benefits of Covid...who'd have thought.

We are in the process of updating our website and look forward to launching this in the first quarter of 2023. We're also excited to announce the addition of two new Eden Registry Members. One in Australia and one in Hong Kong. We are all truly connected in a common goal...to improve the lives of those we support and empower teams to be their best selves. May 2023 enable encourage growth in our communities.





## International success stories

### National Recognition - NZACA / RVA Conference - August 2022

#### Enliven PSC (Central) Wellington New Zealand

This Eden Registry Member group were awarded the **Overall Excellence in Aged Care Award**.

Enliven's training programmes led by Joy Tlapi include professional development, support for postgraduate study, a Competency Assessment Programme (CAP) for internationally qualified and return to practice nurses, and a First Year of Practice Programme (FYOP) where graduate nurses are mentored by trained preceptors.

They also received an award for their **"Garden to Plate"** initiative at Cashmere Home. This project sees residents involved in making food right from growing the vegetables through to the cooking itself.



Congratulations to the PSC Enliven Central team for their major success at this conference.



(L to R) Bonnie Robinson and Juliette Tuckey change the CEO baton at Howick Baptist Healthcare.

At the NZACA conference, Registry Member **Elizabeth Knox Home & Hospital**, New Zealand were recipients of the **Kalandra Community Connections Award**.

The Award recognises their focus on connecting the resident community with the wider community. They identified knowledge and skills of the residents with the needs of the community. As a consequence, meaningful relationships and skills sharing has occurred. There is a balance of care giving and receiving.



The Knox team, led by Jill Woodward, CEO (middle) receiving their Award at NZACA.

## Leader moves...New Zealand

Congratulations to Bonnie Robinson who is the newly appointed CEO at Enliven Northland after 11 years at Howick Baptist Health (HBH).

Congratulations also to Juliette Tuckey for her recent appointment as CEO at Howick Baptist Health (HBH)

Bonnie has been instrumental in engaging with and implementing the Eden Alternative. They have expanded as an organisation over the past 6 years and are looking forward to continuing growth.

Juliette was previously General Manager at HBH and brings a wealth of knowledge and skill to the CEO role. She is looking forward to continuing the growth work that has been established at HBH Group.



## Let's Talk Ageism and Ableism

For 2023, we want to focus more on the existence and impact of **Ageism** and **Ableism** on our elder community. Ageism is discrimination directed at age.

Ableism is favouring people who have no disabilities and therefore discriminating in favour of those who are not physically or mentally disabled. One in two people are ageist in their attitudes to older people (WHO). This behaviour affects both young and old alike

People with disabilities who are old are hit with a double whammy, and if they have dementia, a triple whammy.

The plagues of loneliness, helplessness, and boredom exist in part because of how we perceive ageing, disability and other forms of disadvantage in our society.

They are about loss; loss of connection with others, loss of feeling valued for what they have to offer, and the loss of rich and delightful engagement with the world around them.

Loss of sight may lead someone to feel that they have lost the ability to maintain their self-image; for example how will a woman apply her make-up and how will a man feel able to give himself a decent shave if they can no longer see clearly?

In the context of the Eden Alternative, it is making judgements about someone because they have different physical or cognitive abilities owing to physical or cognitive challenges they live with.

If we truly want to improve the lives of older people we need to challenge our own personal, often unconscious biases. They need to be unmasked, reflected upon and changed.

Covid clearly identified a 'them' and 'us' attitude in some parts of society especially around the perceived 'value' of saving older or more vulnerable people with vaccinations.



Don't know about you, but we were truly shocked about some of these 'why bother' attitudes. We need to challenge these perceptions and misconceptions that saving older people is a waste of time & money.

Many of you will have seen what is deemed 'funny' stickers for seniors. These are in fact subliminal messages that as we age we decline in ability. What we walk past we accept.

What can you do to challenge ageism in your organisation, community or neighbourhood? There are resources available:

- This Chair Rocks - <https://thischairrocks.com/>
- Old School - <https://oldschool.info/>
- Every Age Counts - <https://www.everyagecounts.org.au>
- World Health Organisation (WHO)





**The Eden Domains of Wellbeing**



Wellbeing is a human right. Throughout the year we've held monthly Tribes of Eden online meetings for registry members. Many topics have been explored. One session, featured guest speaker Dr Fran Larkey who completed her PhD investigating the impact of wellbeing, through implementation of the Eden Alternative.

Dr Larkey identified key themes emerging around how people experienced wellbeing. These were **Identity, Communication, Culture, Trust, Transition and the importance of relationships.**

Her research resulted in 513 initiatives that could or were being implemented across the communities that she works with at Wesley Mission Queensland.

**Becoming well known**

We have seen over the last 3 Covid years the importance of the Eden Alternative in maintaining or enhancing wellbeing and becoming wellknown.

In education sessions, many say, 'we know our people'. It is obvious that we actually don't know our community members as well as we might. Yes, there is a care plan...but the story of an individual isn't well known. Why is this?

Eden Principle 2 urges us to 'become wellknown' with our work colleagues and community members. We all want to be seen and heard. This means creating opportunities for meaningful conversations; companionship and the opportunity to give care to one another.

Using the Eden Domains of Wellbeing to assist us in this process. Focus upon becoming well known to staff, other people, volunteers and the wider community.

Champion the basics of human rights... and provide to others what you expect. Be intentional and real, when asking someone, "Who are you"?





## Conference update

We managed to attend two face to face conferences in 2022, deferred from 2020, due to Covid. First stop was Singapore which was a hybrid conference so in person numbers were down. We did make great connections and saw some great ideas. We also took part in a panel discussion on workforce challenges which you have all experienced.



Masks were the flavour of this conference except when you were 1.5 metres away.



Speaking with Peter Sarasyn (Moments Furniture) Denmark. They provide great looking, functional furniture for the sector.

## NZACA / RVA



It was great reconnecting with colleagues, friends and new folks at the NZACA / RVA conference in Christchurch. There were more than 800 people who attended the combined event and 200+ exhibitors.



We like this distinctive crockery and cutlery - functional, visually appealing and supportive for those with sensory challenges.





## Captain Softmeal to the rescue!

The Project Futurus, based in Hong Kong, promotes the future of ageing across three pillars - Innovation, "Dignity Dining" and Community Service.

Congratulations to Queenie Man, Stephanie Law and the team at Project Futurus for their industry recognition of a soft meal program for people living with different abilities called "Sensory Restaurant on Wheels".

When we first started the program "Sensory Restaurant on Wheels", the main goal was to bring elders living with dementia and individuals with disabilities the joy of having dim sum. It all started in 2020 at the beginning of COVID-19 when we noticed that elders are suffering from signs of depression as a result of loneliness and social isolation.

Our team at The Project Futurus (Social enterprise) decided to design some props, prepared fresh dim sum (including softmeal for elders with swallowing difficulties), and gathered a few volunteers to run our first dim sum experience.

The experience was so positive that it prompted us to scale up to help more elderly homes. Fast forward, we have delivered over 40 sessions to-date and over 600 elders and individuals with disabilities benefited from the program.

This year, I am so grateful to have received the HKEX Impact Funding Scheme grant from HKEX Foundation to expand the program further by connecting corporations to meaningful community service. We hope to bring together the community to create greater good.

Our team along with corporate volunteers will dress up as waiters and waitresses serving elders with fresh dim sum in a 3-hour long immersive "Yum cha" experience!

## NEWS, VIEWS & MUSINGS...

The dim sum session is usually filled with laughter! It was a walk down memory lane for elders where they genuinely enjoyed the dim sum, the company and the overall experience. Elders always ask us to return again soon!

As a practitioner of the Eden Alternative philosophy, we continue to seek meaningful engagements with elders living with dementia.

For more information go to:  
<https://www.theprojectfuturus.com/hkex-sensory-restaurant-on-wheels>

### 老人軟餐俠時間 文慧妍





## St Lukes Eldercare - Ang Mo Kio Home

Whilst in Singapore we caught up with the team from St Lukes Eldercare (SLEC) who opened their first nursing home in May 2020...as Covid was really taking off. The home has 8 floors with a community centre and administration on the lower floors and 6 floors of living space for Singaporean elders above.

Each household has familiar furniture, artwork and Singaporean scenes to enable people to feel that this is now their home. The tri-bike enables volunteers to take residents out to feel the breeze in their hair. School children have recommenced visiting this home after only been able to connect over Zoom for many months. This home has a heart and soul and the team are warm and welcoming. We look forward to seeing their continued growth in Singapore.



Ang Mo Kio Home (SLEC) with Prof. Kenny Tan, CEO and their team in the foyer.



Each floor level has a specific Singapore scene in the lift foyer to assist with wayfinding and to create a sense

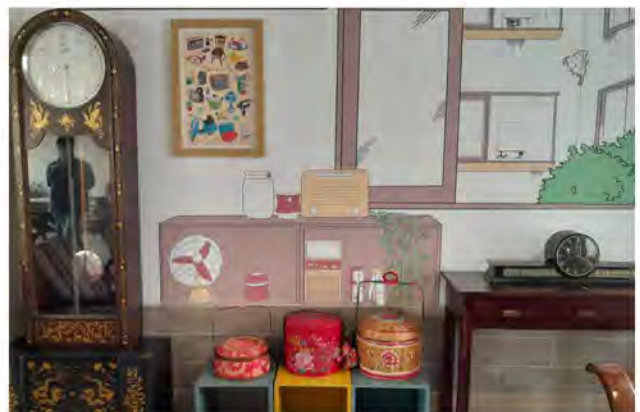
## Creating Home



The **"Our wall, Our story"** captures what home means to everyone living and working @ Ang Mo Kio Home, Singapore.



A relaxing lounge space for Elders to access at all times.



Each household has worked to create a feeling of home with familiar furniture to use.



***The Eden Alternative...  
We teach it, You empower it, They live it!***

Throughout the year we were able to connect with people around the world and share the philosophy framework of the Eden Alternative.

Each person who participates in this transformational education cannot say that they haven't been impacted personally by the messages of relationships in person directed care. They are change agents in the making across residential, community care and disability services.



**Global Eden Associates - Australia**



Eden Associates at the April 2022 Open.



MiCare - Eden Associates, March 2022

**Eden's Got Talent!**



We love the creativity of teams when they attend Eden Associate education. This group from the Eden Open in April 2022 certainly showed us their creative side.



Direct from NZ - the story of Calebs Basket...from HBH In House education - September 2022



Australia - Eden Associates at the September 2022 Open.



## Upcoming Eden Open training

**Course: Certified Eden Associate - 3 days**

**Brisbane**

Date: Wednesday 22nd to Friday 24th March 2023

**Auckland**

Date: Wednesday 3rd to Friday 5th May 2023

**Singapore**

Dates: Wednesday 26th - Friday 28th July 2023

**Course: Dementia Beyond Drugs - 2 days**

**Melbourne**

Dates: Wednesday 24th - 25th May 2023

Check our website for further details:

[www.edeninoznz.com.au](http://www.edeninoznz.com.au)

## Global Eden Associates - Singapore

It's been three years since we were last in Singapore.

The Eden Open in November included four different residential and community care providers. Below, are a wonderful group of people from 4 different organisations who continue to challenge the 'way we've always done things' in the care sector.



## EDUCATION UPDATE...

### Eden Global Associates - New Zealand



HBH Group NZ, who are a Registry Member, held their in-house training in September 2022.



Knox NZ, Registry Member, with their in-house Eden Associates - November 2022.



Above: Registry member, Switzer @Kaitaia (Northland, NZ) - December 2022. The team were full of enthusiasm for how they could make elders lives better.



**Eden Registry Success**

**New to the Registry - John Wesley Gardens Qld**

Congratulations to Wesley Mission Queensland's John Wesley Gardens in Geebung for their successful application to join the Eden registry. This achievement has been many Managers and years in the making.



Above: Di Burgess and some of the Eden leadership team at John Wesley Gardens including Diana (resident) who is a concierge volunteer.

Below: Resident Ambassador welcome committee members



Current Manager, Di Burgess has brought her Eden knowledge and leadership experience to this home. She has had an amazing impact on the staff and community growth engagement outcomes for this home in spite of Covid.

She has empowered the team to empower elders to be a part of and create an engaged, active and growing community. Becoming wellknown has been a key focus of the team and resident community.

We were met at the front door by the resident committee members who proceeded to show us around their home. They were very proud of the memorial garden created by residents. This garden enables people to remember those who have gone before them. Each plaque notes the person's name. Resident Diana's husband is now remembered in the garden. (see photos below)

There are four communities in this home. Each has a distinct look and feel. Staff and residents are engaged in so much more than their aches and pains. There is laughter, light and life. They are becoming wellknown.

There are intentional opportunities to provide companionship, give care to others and engage in any number of events and activities which are of interest. For example, one resident reads to another resident on a daily basis. That's what we call friendship and companionship.

In all, it was an excellent day to showcase commitment, possibility and growth through the Eden Alternative.









**Eden Registry Success**

**Bethesda Caring Centre continues to grow...**

Congratulations to Shree Shrestha and the Bethesda Caring team in Queensland for their continuing success at maintaining fully registered status with the Eden Alternative even whilst Covid challenged us all.

Eden Community visitors were impressed with the community's commitment to engaging residents throughout the Covid restrictions. We love their infection control question to residents and their responses. Truly everyone achieves more when we work together.



Above: Team Bethesda on their successful Registry visit in April 2022.

**Hyland House, Respite Centre, Petrie Qld continues to grow...**

In November 2022 we visited Hyland House Respite Centre in Petrie, Queensland to validate Principles 3,4,5 & 6. This social centre is a busy place with services supporting older people in the area. The team, lead by Julie Cameron, are really showing how they can support people of all abilities including those living with a disability and cognitive challenges.

Clients recently participated in the local craft fair in Petrie and won awards for their hand knitted blanket creations. Each component of the blanket tells a story. Engagement and meaning are evidenced in so many ways.



**What's your "Y"?**

We shared an idea (from HBH in NZ), with the team about finding 'Y' people came to work or visit the centre. They devised an interactive space where people could share their "Y". Feedback from people was fantastic, informative and heartfelt.





**EiON Board Members 2022/2023**

- Iris Ritt - Board Chair
- Jill Woodward - Elizabeth Knox Home & Hospital, NZ
- Marie Norman - Dementia Australia
- Sally Hopkins - Eden in Oz & NZ
- Phillip Bradley - Advisory Member

**Find us on Social Media**



Gracie joined Matt in the Eden classroom @ HBH in NZ

**Eden Alternative Global Associates**



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

**Eden International**

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

Eden in Australia & New Zealand  
[www.edeninoz.com.au](http://www.edeninoz.com.au)

Eden South East Asia  
[www.edenalt.asia](http://www.edenalt.asia)

Eden Canada - West  
[www.edenhealthsolutions.com](http://www.edenhealthsolutions.com)

Eden Canada - Central & Atlantic  
[www.edencan.com](http://www.edencan.com)

Eden Denmark  
[www.edendenmark.dk](http://www.edendenmark.dk)

Eden Iceland  
[www.edeniceland.org](http://www.edeniceland.org)

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[www.edenalt.co.za](http://www.edenalt.co.za)

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