

# Life Worth Living: The Eden Alternative®

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Eden Alternative® in Western Canada*

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## Presenter Disclosure

- **Presenters:** Suellen Beatty  
Cheryl George
- **Relationships with financial sponsors:**
  - None

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## A bit about Sherbrooke

- 263 residents, 600 staff, 400 volunteers
- Engaged staff
- 2 sites (Sherbrooke and Central Haven 60 residents)
- Home to the Sherbrooke and Veterans Villages, and the Marleau/Wyant Residence
- Inspiration for the “GreenHouse Model”
- Home to Oak Trees and Acorns Childcare Centre
- Home School for Igen (grade 6 class)
- Registered Home with the Eden Alternative® since 1999

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## History of the Eden Alternative®

10 Principles  
7 Domains of Well-being

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## Principle One

Loneliness, helplessness, and boredom  
are painful and destructive to our  
health and well-being.  
(The Problem Statement)

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Loneliness: The pain we  
feel when we want but do  
not have loving  
companionship



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Helplessness: The pain we  
feel when we always receive  
care and never give it.



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Boredom: The pain we feel  
when our lives lack variety  
and spontaneity.



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## Principle Two

A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.  
(The Solution Statement)

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## The Goal is Well-being for all!

We must move out of the medical/institutional model and create a human habitat where people thrive and grow.

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We care for the Human Spirit as well as the Human Body

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“Well-being is a much larger idea than either quality of life or customer satisfaction. It is based on a holistic understanding of human needs and capacities. Well-being is elusive, highly subjective, and the most valuable of all human possessions.”



Dr. William Thomas,  
*What Are Old People For?*

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## Domains of Well-being

- Identity
- Growth
- Autonomy
- Security
- Connectedness
- Meaning
- Joy

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“The Elders  
are here to  
teach us!”

Dr. Bill Thomas

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## Identity

Being well-known; having personhood;  
individuality; wholeness; having a  
history



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## Autonomy

Liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom



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## Choice

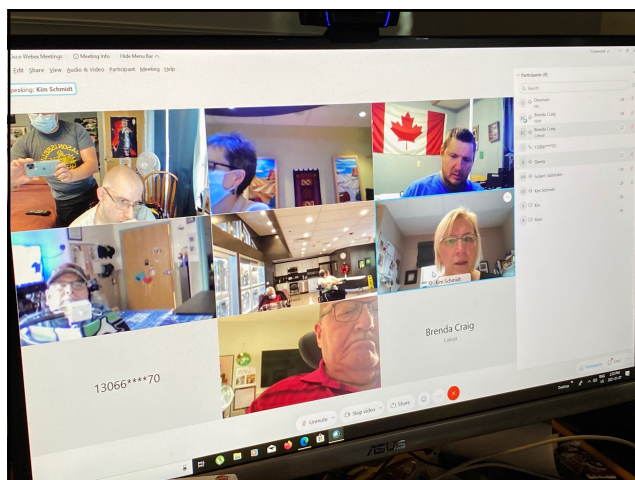
- When to rise and when to retire.
- What to participate in or not.
- Who to hang out with.
- What to wear.
- What to eat.
- What to watch or listen to.
- When to come and when to go.

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## Sherbrooke Mission

Sherbrooke Community Centre creates a community that supports each person to live a full and abundant life.

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## Connectedness

State of being connected: alive;  
 belonging; engaged; involved; not  
 detached; connected to the past, present  
 and future; connected to personal  
 possessions; connected to place;  
 connected to nature



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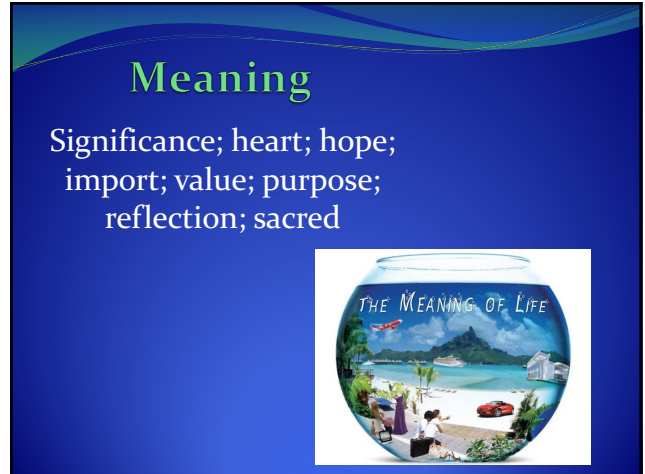


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## It Can be Different

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# Questions

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