

Eden Alternative – 10 Principles

1. The three plagues of loneliness, helplessness, and boredom account for the bulk of suffering among our Elders.
2. An Elder-centered community commits to creating a human habitat where life revolves around close and continuing contact with plants, animals, and children. It is these relationships that provide the young and old alike with a pathway to a life worth living.
3. Loving companionship is the antidote to loneliness. Elders deserve easy access to human and animal companionship.
4. An Elder-centered community creates opportunity to give as well as receive care. This is the antidote to helplessness.
5. An Elder-centered community imbues daily life with variety and spontaneity by creating an environment in which unexpected and unpredictable interactions and happenings can take place. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. The opportunity to do things that we find meaningful is essential to human health.
7. Medical treatment should be the servant of genuine human caring, never its master.
8. An Elder-centered community honours its Elders by de-emphasizing top-down bureaucratic authority, seeking instead to place the maximum possible decision-making authority into the hands of the Elders or into the hands of those closest to them.
9. Creating an Elder-centered community is a never-ending process. Human growth must never be separated from human life.
Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.
10. The core concept of the Eden Alternative™ is simple: we must teach ourselves to see existing and new care environments as habitats for human beings that promote health and wellbeing rather than facilities for the frail and elderly.

The Eden Alternative™ shows us how companion animals, children and plants help in providing an opportunity for a meaningful contribution and care, and how the Eden Alternative™ works at preventing and eliminating the aged care plagues of loneliness, helplessness and boredom

For more information on the Eden Alternative, please visit www.edenalt.org