

# CREATING ELDER CENTRED COMMUNITIES



**Enliven creates elder-centred communities; places where older people have companionship, variety, fun, a sense of belonging, meaningful activity and purpose. Our homes and villages are unique and special places to live.**

Our principles are based on the Eden Alternative® model of care:

1. The problem: loneliness, helplessness and boredom are the plagues of ageing
2. The solution: creating an elder-centred community or 'human habitat' where contact with animals, nature and people of all ages is part of everyday life.
3. Companionship is the antidote to loneliness; everyone deserves regular contact with friends or animal companionship.
4. The opportunity to give as well as receive care; this is the antidote to helplessness.
5. Our homes are full of variety and spontaneity. This is the antidote to boredom.
6. Everyone needs meaningful activity and a sense of purpose in their lives – a reason to get out of bed in the morning.
7. Medical treatment is a partner in care; social, cultural and spiritual needs are important.
8. Elders should be honoured and respected; they have great wisdom to share.
9. Creating an elder-centred community is a never-ending processes; we can always do better.
10. We are all leaders in creating a thriving elder-centred community.