



*Our Eden community commits to creating relationships that provide people with a pathway to a life worth living.*

### *The Eden Principles*

- 1 The three plagues of loneliness, helplessness and boredom account for the bulk of suffering in a human community.
- 2 Life in a truly human community revolves around close and continuing contact with people of all ages and abilities as well as plants and animals. It is these ancient relationships provide all with a pathway to a life worth living.
- 3 Loving companionship is the antidote to loneliness. In a human community we must provide easy access to human and animal companionship.
- 4 To give care to another makes us stronger. To receive care gracefully is a pleasure and an art. A healthy human community promotes both of these virtues in its daily life, seeking always to balance one with the other.
- 5 Trust in each other allows us the pleasure of answering the needs of the moment. When we fill our lives with variety and spontaneity, we honour the world and our place in it.
- 6 Meaning is the food and water that nourishes the human spirit. It strengthens us. The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone.
- 7 Medical treatment should be the servant of genuine human caring, never its master.
- 8 In a human community, the wisdom of the elders grows in direct proportion to the honour and respect accorded to them.
- 9 Human growth must never be separated from human life.
- 10 Wise leadership is the lifeblood of any struggle against the three plagues. For it, there can be no substitute.

### *About St Carthage's Community Care*

Participating fully in community life is our daily goal for our clients at St Carthage's Community Care. We offer support for children, young people and adults with disabilities, people with dementia, and older people. Our goal is to eliminate the three plagues of loneliness, helplessness and boredom by offering opportunities to enhance people's sense of belonging and well-being.

Using The 10 Principles of The Eden Alternative as our framework, we offer support, work together, and are committed to creating relationships that provide people with a pathway to a life worth living.



We work with people with dementia



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We work with *people with disabilities*  
*including children and young people,*  
*people with dementia, older people, and carers.*



**Loving companionship is the antidote to loneliness. In a human community we must provide easy access to human and animal companionship.**

*Principles of The Eden Alternative #3*

### *We work with people with dementia*

Receiving a diagnosis of dementia may come as a shock even if you have been expecting it and especially if you are a young person. This may also be a very anxious and upsetting time for the people closest to you.

It is important to remember that you are the same person you were before you received your diagnosis. Everyone's experience of dementia is so varied and one size does not fit all.

Our support services for people with dementia, including young people, are individually tailored and take into consideration a person's whole life, relationships, daily pleasures, and what brings joy, meaning and security to your life.

### *Planning your support*

We will work with you and your care partners to write a detailed care plan focusing on your goals and strengths and enabling you to stay at home and actively participate in the community. The support planner can assist with connecting you to a range of services and programs.

*Remember that you are the same person you were before you received your diagnosis.*

**I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.**

*Maya Angelou*

### *What we can do for you*

#### **Well-being and quality of life**

We believe it is important to embrace a person's individuality. We are passionate about working with you and your care partners to create a life worth living. Our support planners will talk to you about your goals for your well-being, health and lifestyle to ensure you get the support that is right for you and those closest to you. We will help you design a personalised plan that is suited to your needs so that you can continue to live in your home.

#### **Personal care**

At St Carthages we meet with clients and their representatives to determine the areas of personal care where support and assistance would be most beneficially. We develop goals in partnership with people and those closest to them. We find out as much as we can about a person's capabilities and provide suggestions for support and assistance. Our focus is to maintain as much independence as possible for as long as possible and to have a great quality of life.

#### **Domestic assistance**

We can provide a little support around your home and doing the shopping to make things so much easier for you and your family. Together we can work out exactly what you need to live your life your way.

#### **Social support**

We are committed to supporting people with dementia and their care partners to remain engaged in their choice of recreational, social, therapeutic and pastoral activities. Your support planner will assist you to imbue your daily life with variety and spontaneity. We will monitor your health and well-being and support you to remain independent in your own home whilst still enjoying your social and spiritual connections.

#### **Respite for carers**

Looking after someone can be physically and emotionally demanding as well as rewarding. Making time for yourself is important for your own wellbeing. It may be for a few hours, a day, a night or a week; our respite program can provide you with support and a much needed break from your full time caring role.