



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 counterfeit 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 disabilities



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

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Principles of The Eden Alternative #5



We work with people with disabilities

We provide you with opportunities and support to live the life you want to live. Together we explore options to achieve your life goals, which is at the heart of everything we do at St Carthage's Community Care.

Everyone's circumstances are different and our experienced team can cater for your personal situation, and your requirements.

St Carthage's Community Care delivers programs that provide opportunities for you to develop your confidence and independence, create fulfilling relationships and experiences to enable you to live your life to its full potential.

Our services can assist in the transition through your different life stages, and because of the wide range of flexible support options, we will support and encourage you to continue to pursue your dreams.

Together with you we develop a program of support that provides meaningful opportunities for joy and connecting with others. It is a wholistic perspective of well-being.

When we tell our stories in a safe community, all of those things that separate us go away.

Sarah Markley

Planning your program

There are many different supports available to you so our first step is understanding your circumstances. We look at what you can do yourself, identify which of our many support services that can assist, and together as a team we build a framework that aims to reach your life goals.

What we can do for you

Well-being

Providing an environment of autonomy, security and belonging, St Carthage's Community Care focus on activities and support that develop meaningful opportunities for joy and connecting with others. It is a wholistic perspective of care.

Social gatherings

Stay connected with friends, participate in activities or join in one of our outings; whatever you want to do! We have a great schedule of events and social programs that you can join in, meet friends and explore your world!

Life skills

Learning and improving life skills enables you to become more independent and confident in building and achieving your own personal goals, which leads to the meaningful and rewarding life you desire.

We can support you to develop cooking and cleaning skills, get involved in sport and the arts and take advantage of mentoring to learn and improve social skills.

Respite for carers

It is very important for carers to get a rest so they can continue the incredible work they do.

We have beautiful Jubilee House, custom built for respite care. It includes a media room, an interactive activity room, a light filled open plan kitchen, lounge and dining area. Each bedroom has a television providing privacy and opportunities for time alone.