



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 older people



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



**In a human community,
the wisdom of the elders
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*Principles of
The Eden Alternative #8*

We work with older people

Maintaining your independence as you get older is an important part of life.

St Carthage's Community Care has a wide range of services that are designed to support you in all areas of your home life; whether it is social support, domestic assistance or assistance with personal care. You can also come to our Day Club, join an outing or enrol in one of our group activities.

We also offer home care packages which enables you to design the support that best suits your life – the options are almost limitless and our trained and qualified staff will provide you with opportunities to explore all of your options.

Levels of support

Entry level (Commonwealth Home Support Program)

Through the Commonwealth Home Support Program (CHSP), you can access support that will enable you to stay in your home longer. The CHSP is entry-level for older people and provides access to services, such as domestic assistance, personal care and social support, to enable you continue to live your life independently.

*Our staff don't wear uniforms
so you will feel comfortable
wherever you want to go.*

**An Elder is someone who,
by virtue of life experience,
is here to teach us how to live.**

*The Eden Alternative definition
of an Elder*

Domestic assistance and personal care

Sometimes it is only one or two things that we need a hand with, so St Carthage's provides services that include getting dressed, bathing, washing your hair and getting in and out of bed. We also can provide assistance around your home like washing, laundry and unaccompanied shopping.

Social support and our Day Club

Our social support program is designed to alleviate boredom and loneliness. We aim to provide meaningful social occasions that you can participate in, meet new people, see new areas of the North Coast. Or you might just want to get out and have a cup of tea. Our staff don't wear uniforms so you will feel comfortable wherever you want to go.

For those who live in Lismore or surrounding areas, ask about our Day Club schedule. New programs are created to engage your mind, socialise, participate in physical activities and enjoy a delicious morning tea.

Respite for carers

Looking after someone can be very rewarding and challenging at the same time. 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.

Home care packages

As your needs change and increase, you can transition to the Home Care Packages program.

Your St Carthage's support planner will discuss with you what type of services you need and a Home Care Package will be individually planned and coordinated with you to include a variety of activities and services that are specifically tailored for you.

Your Home Care Package is designed for you to live a meaningful and independent life as you get older so what is in your package can include assistance with activities such as transport, personal care, hobbies and well-being programs – it is whatever will make your life easier at home and engaged with your community.