



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 children and young 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 #2



We work with children and young people with disabilities

The beautiful spirit of children and young people is nourished and promoted in St Carthage's Community Care programs.

Planning your program

We work with families to create individually tailored plans that are meaningful for your child as they transition through their childhood and teenage life. We discuss your child's personality, their preferences, and your goals and develop a plan that enables your child to grow into their own person.

We also offer group activities and outings, wellbeing programs and support for carers and families. We do everything possible to keep your child feeling secure, comfortable whilst learning new skills seeing new things and having a whole lot of fun!

Our programs are designed to engage your child, strengthen their independence and build their confidence.

We find delight in the beauty and happiness of children that makes the heart too big for the body.

Ralph Waldo Emerson

What we can do for you and your child

Social support

Our social support program provides your child with opportunities for friendship and social activities in a supportive environment. Excursions, creative art, craft, shopping, outdoor activities and more are provided in the social support program. The activities are designed to engage your child, strengthen their independence and confidence.

Transition and life skills

One of the exciting times in our life is the transition from being a teenager to an adult. We offer specialised services for this important stage in your child's life. We meet with you to discuss the goals you have for your child and we develop an individual plan accordingly.

We have a number of programs your child can undertake that range from managing finances and budgeting, to cooking and conducting relationships. With a little coaching, knowledge and hands-on experience, it can make many facets of life a lot easier, more fulfilling and can help your child to become more independent.

Respite for carers

At St Carthage's Community Care we know that carers need care too.

We offer overnight residential respite care for children at our beautiful purpose built Jubilee House. We also offer in home respite, and a variety of other options to suit your needs. We make sure every child has their individual daily needs planned for and met throughout their stay. This includes any special requirements in regard to diet, health, education, and favourite activities.