

Herzlich Willkommen
Welcome

Das Normale Leben
The normal life





Introduction SeniorenZentrum Krefeld:

- 158 residential nursing home places (75% dementia care)
- 12 (dementia) clients (guests) in day care
- 65 apartments sheltered housing
- Home care and services

- Approx. 240 employees in the senior centre
- 20 trainees in the geriatric care
- 65 volunteers
- External service organisations (insource): like hairdresser, pedicure, shop
- Housekeeping
 - Household support
 - Own kitchen
 - Laundry

- The Eden Alternative is a paradigm shift in nursing and in long term care.
- It is an operational care philosophy, which is founded on the normality (non-medical) principle.
- **The contact with animals, plants and humans = meaningful relationships is paramount and acts against loneliness, helplessness and boredom.**
- It is non-religious but is based on 10 ethical value principles.

Dr. William H. Thomas

- Founder of the Eden-Alternative®
- Developer of the “Green – House”
- Renowned professional for all questions about ageing
- Professor at the Erickson School for Ageing Studies
- Author of several books
- Received many awards worldwide

Dr. William H. Thomas



Meaning of Eden:

- Enrichment of the social life of all people
- To treat, ease and support of life of people with dementia
- Good quality of care is the foundation for quality of life
- Provide a home that gives security
- Facilitate a normal and sensible life

- Active discussion with the residents and their biography
- All health dimensions are involved (physically, psychically, socially)
- The residents decide when services, care or treatments are delivered to them.

- Routine checkups are not carried out when it is unnecessary (like daily measuring of blood pressure, the weekly weight measurements, etc.)
- When residents experience discomfort the causes are investigated
- Open nursing station
- Specific resident prevention programmes
- To explore residents wishes and to fulfill them (wish tree like having cake, going to the theatre, circus etc.)

Staff

- All staff is trained in dementia and passed a training about the Eden Alternative
- Confrontation with and discussion about their own biography
- Make staff conscious that the older people with dementia live in their own world and that we have to move into that world to make contact

Our task

- Medical care is very important but is supportive to daily care
- Intensive relationship with neurologists about diagnose and medication
- Intensive contact with family during the first months of residence (settling in period) for the purpose of understanding the biography of the resident

- Individually tailored day structure for residents
- One staff member (life assistant) coordinates the care and treatments for the resident and communicates with the family and the physicians. This staff member is responsible for the planning and outline of the individual day structure

Situation discussion:

- Resident with challenging behaviour
- We must understand what is the cause for it
- To find suitable and effective measures

Taking care of each other



Create possibilities to observe by moving staff
to the background



Human Growth

- Change in awareness
- Change in attitude
- To grow and develop
- Becoming
- Staff learns to be responsible: they make the decisions.
They can ask management if there is a problem or support to feel them safe in their work
- Staff needs to be aware that taking care of the life of a resident with dementia is a very high responsibility
- Exchange hope, learning and wisdom among residents but also between residents and staff

At the roof terrace



Visit to the museum



At the horse stable



Carnival



Results:

- Residents are at home
- Residents freely move in the facility/house and do not run away
- Residents take care of residents
- Residents have duties/tasks and feel valuable

Thank you for your attention !