



Certified Eden at Home Associate Training

A Person-Directed Care Certification

Creating Quality of Life for Elders and Their Care Partners, Wherever They Call Home

April 24 ~ 26, 2018 | 8:30am ~ 5:00pm

Carol Woods Retirement Community, Chapel Hill, NC

SPACE IS VERY LIMITED ~ REGISTER NOW

Grant funds from Healthcare Research, Inc. covers all but \$75.00 of the \$495.00 registration fee. Your organization only pays \$75.00 per person for all three days including meals and materials. NOTE: This offer is limited to TWO STAFF per organization

REGISTER HERE:

https://www.regonline.com/ChapelHill_NC_CEAHAT_2018

Learn Practical Tools & Approaches for Creating a Life Worth Living, Improving Well-Being, and Delivering Person-Centered Care ~ Including for Those Who Live with Dementia

This is the heart and soul of person-centered care planning.

NAB/NCERS approved for 19.5 CEUs

Hosted by: Carol Woods Retirement Community and the generous grant support of Healthcare Research, Inc.

This three-day interactive learning experience (19.5 CEU hours) is a tested and proven curriculum developed by The Eden Alternative, an international not-for-profit organization dedicated to culture change and improving the well-being of Elders and their care partners by transforming the communities in which they live and work.

Person-centered care, the concept of having the person be the driving force in their healthcare decisions, has evolved and gained momentum, and is now largely considered the gold standard for health care across the United States and abroad.(1) Person-centered care is an approach that frames care through the eyes of the person receiving that care. Choices and actions are based entirely on the unique needs, desire, and preferences of the person.

Person-directed care embraces these same ideas, but takes them one step further, by saying that all decisions belong in the hands of the person receiving the care, or, at the very least, in the hands of those closest to him or her.

The Eden Alternative is the most widely practiced, comprehensive approach to person-directed care. This culture change model utilizes the Eden Alternative's Ten Principles and the Domains of Well-Being to improve quality of life for Elders and their care partners no matter where they call home.

Eden training has been proven to offer practical tools, resources, and inspiration to empower individuals and teams to initiate and maintain person-directed care and effective culture change. Research has shown this leads to improved quality of care and higher rates of satisfaction for everyone involved, while also benefitting the bottom line of provider organizations. (2)

The Ten Principles have been proven to have a pronounced effect across the domains of clinical, quality of life, finance, and overall well-being among the Elders who live in the communities who have integrated the Eden philosophy and approach to culture change (3)

The Certified Eden at Home Associate curriculum promotes a culture of meaningful care that does not see the needs of caregivers as separate from the needs of care receivers, but rather advocates for the well-being of the whole care partnership. It is designed to help organizations reframe and redefine their approach to caregiving, which views Elders as "recipients" of care, to an interdependent system called care partnership where Elders are "care partners" with everyone who touches their lives. By definition, care partners can include family, friends, neighbors, volunteers, paid health professionals, and the Elder themselves. Working together, empowered care partner teams help to ensure the independence, dignity, and continued growth and development of their Elder care partners and each other via a quest to eliminate loneliness, helplessness, and boredom for everyone on the team.

Since more than 70% of people with dementia live in the community, and many people with dementia never receive a diagnosis, this certification will incorporate elements to enable all attendees to be prepared to build sensitive, supportive communities for people living with dementia open to the unique gifts that Elders with dementia have to offer us.

Written in "consumer language" so it is understandable and accessible to everyone, the curriculum has been proven to provide immediate and lasting positive shifts in participants' own outlook, perspective, attitudes and well-being, as well as in their relationships with other care partners, including the Elders. (4) It helps providers connect with the consumer perspective and the lived experience which makes it real, relevant and tangible. Upon completion, attendees will be prepared and have the materials they need to engage with and share the information with all stakeholders, all levels of staff, as well as residents and families. It also encourages the creation of collaborative and supportive care partner teams that include the active participation of the Elder themselves. It creates a shared language and understanding about the new paradigm of caring across stakeholder groups, which is critical for weaving person-directed care concepts and practices into daily life. It also deepens awareness and understanding of and responsiveness to the needs of those living with dementia.

Highly interactive, the training utilizes adult learning principles that speak to all different styles of learning, including relational interactions to apply what is learned through discussions and exercises. The material relies on theory, the power of story, and practical applications to touch the lives of active-care partners and anyone interested in building sensitive and supportive communities.

At the conclusion of this training, participants become Certified Eden at Home Associates, and are empowered to serve as “change agents” who are prepared to help introduce and educate their

staff and consumers (residents, families and the greater community) about culture change and person-directed care. They are also equipped with the language, materials, approaches and methods to educate and collaborate with colleagues on introducing, championing and infusing person-directed practices into their organizations and communities. Participants have what they need to be able to implement practice-based solutions to create individualized care and support.

An integral part of this process is education. Certified Eden at Home Associates are empowered to facilitate Eden at Home Care Partner Workshops for care partners in their organizations, Elders and their family members, and the general public. Care Partner Workshops are a turn-key learning experience designed to educate, inspire and share Eden at Home concepts with a variety of audiences and stakeholders. They are an opportunity and means to build and strengthen community connections, and as a vehicle and catalyst for meaningful conversations around ageism, ableism, stigma and changing the culture of care for Elders and ourselves.

This culture change model speaks to all stakeholders involved in the spectrum of care and brings everyone together around a shared language and perspective to improve quality of care and quality of life. A general public that understands person-directed care raises expectations which in turn raise standards for care and helps dismantle silos across the spectrum of care. True integration and mastery of culture change requires engaging all stakeholders in creating a life worth living.

Participants will return equipped and inspired to initiate change and inspire others to:

- Tap into the cutting edge of the culture change movement;
- Understand the impact of ageism, ableism and stigma;
- Move from “caregiving” to care partnerships and care partner teams;
- Prevent loneliness, helplessness, and boredom for all on the care partner team;
- Gain powerful team building skills to strengthen care partnerships;
- Develop meaningful connections through thoughtful and effective communication;
- Work together to reduce stress and burnout;
- Apply practical tools and approaches for improving quality of life for all, including individuals living with dementia;
- Understand how to improve individualized and person-directed care plans; and
- Put the Eden Alternative Principles into action sustainably and effectively.

Stakeholders for whom this certification is appropriate include: representatives of non-profit organizations or state agencies focused on aging or long-term care, home care and home health organizations, faith-based organizations, Area Agencies on Aging, hospitals, hospices, senior centers, adult day services, independent living communities, long-term care organizations with skilled, assisted living, personal care or independent living options, home health outreach or an interest in supporting the ongoing needs of short-term rehabilitation patients who are headed back home.

- (1) *Li J, Porock D. Resident outcomes of person-centered care in long-term care: A narrative review of interventional research. Int J Nurs Stud 2014;51:1395–1415.*
- (2) *The Eden Alternative*
- (3) McAllister A, Beatty JA (2016) Aging Well: Promoting Person-Directed Care. J Aging Sci 4:164. doi: 10.4172/2329-8847.1000164
- (4) *The Eden Alternative*

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