



Aged Care, the poor relation – no! the light, the life and the way forward

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Why is aged care seen as the poor relation in the health care industry?

Australian Institute of Health and Welfare 2006 - 2007 Residential Aged Care Study

- ④ 167,000 residential aged care beds
- ④ 2,931 providers
- ④ Increasing dependency of those admitted to RACFs

Recent ABS Demographic Projections

- ③ Population growth: 19.7million to 23.0 – 31.4million in 2051
- ③ Median age will rise from 35.9 years to between 46.0 years and 49.9 years
- ③ Increased life expectancy from 77 years for males and 82 years for females to around 84 years and 87 years respectively in 2051

Recent ABS Demographic Projections

- ④ Those 65 years and older will increase from 13% June 2002 to between 27% - 30% in 2051
- ④ The proportion of 'old-old' people (85+ years) will increase from 1.4% of the population to between 6% - 9% in 2051

Blue Care Garden Settlement, Pallarenda

The Eden Alternative aims to alleviate the three plagues associated with Residential aged care:

- ③ Loneliness
- ③ Helplessness
- ③ Boredom

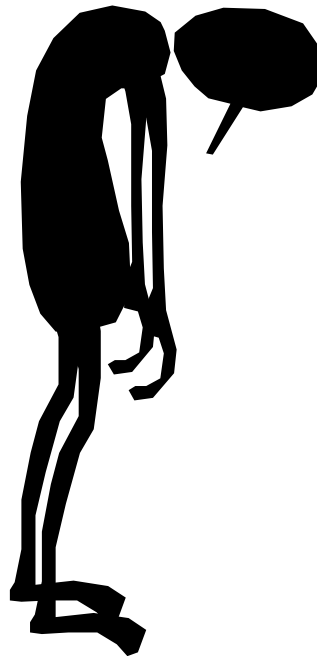
Loneliness

- ③ The pain that we feel when we want but cannot have companionship.



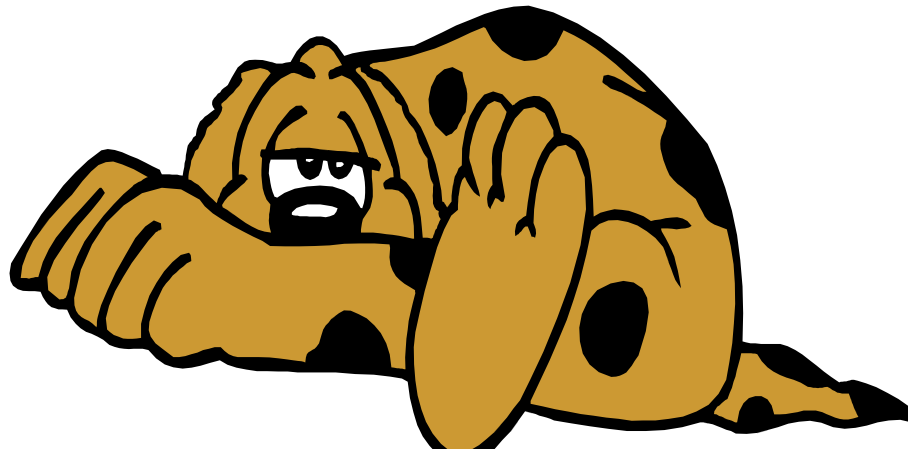
Helplessness

- ⓑ The pain that we feel when we always receive yet cannot give care.



Boredom

- The pain we feel when our lives lack spontaneity and variety.



Just because someone enters an aged care home does not mean that their life stops. It is a new beginning, a chance to experience more of what life holds.

Eden is about ...

- ③ Developing communities
- ③ Close and continuous contact with children, plants and animals
- ③ Not just superficial but actual involvement

Antidote to the three plagues

- ③ Companionship combats loneliness
- ③ The opportunity to give care addresses helplessness
- ③ Spontaneity and variety combat boredom

What behaviours take away dignity, power and autonomy?

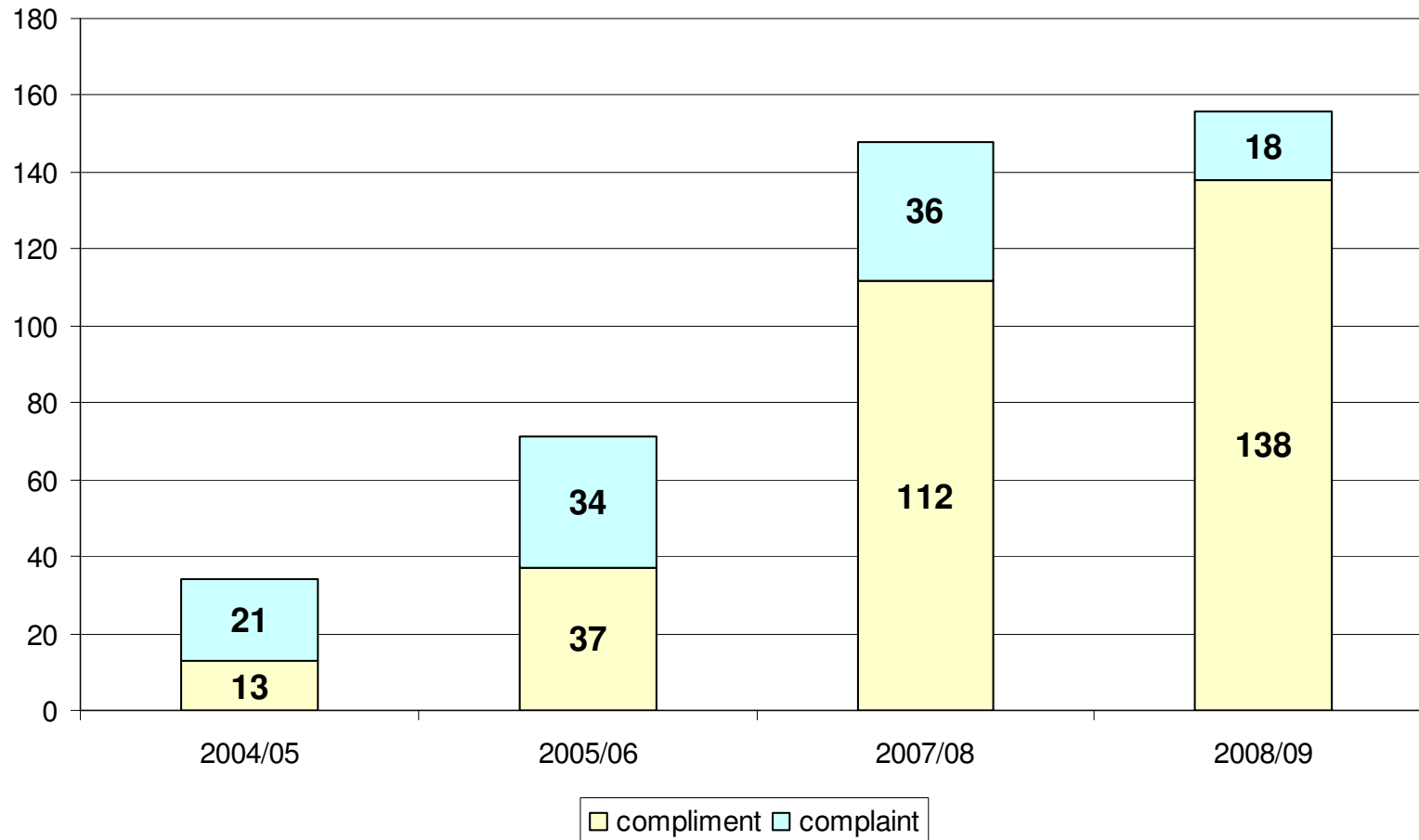
- ③ Wearing bibs
- ③ Sterile living environments and bare dining tables
- ③ Not giving residents a key to their room
- ③ Not allowing residents to set up their room how they want to
- ③ Task focus approach to what we do every day
- ③ Taking away decision making e.g. choosing who can participate in their care processes, how the home is run

It can be different

Home versus Homelike

- ③ A home is caring and supportive of needs and requirements
- ③ Ensures rights are maintained
- ③ Staff are competent, compassionate, caring, responsive and respectful

Comparison Compliments/Complaints 2004/05 - 2008/09



The Eden Alternative's golden rule

What management do unto the staff – so the staff do unto the residents



We are aged care hear us roar
In numbers too big to ignore
And we know too much to go back to pretend

Cos with standards galore
Legislation and some more
No one's gonna make us non-compliant again

Oh yes we are wise
We're invincible - We're sane!

Yes we've paid the price
And look how much we've gained

If we have to – we can do anything
We are strong
We are invincible
We are aged care!