

The ENLIVEN PHILOSOPHY

EXPLAINED



enliven
Positive Ageing Services
PRESBYTERIAN SUPPORT CENTRAL



At Enliven the foundations of caring, enabling and supporting underpin all we do.

Our philosophy is based on the internationally-recognised, elder-directed model of care: The Eden Alternative®.

That means we put elders at the heart of all we do. It means we create elder-centred communities.



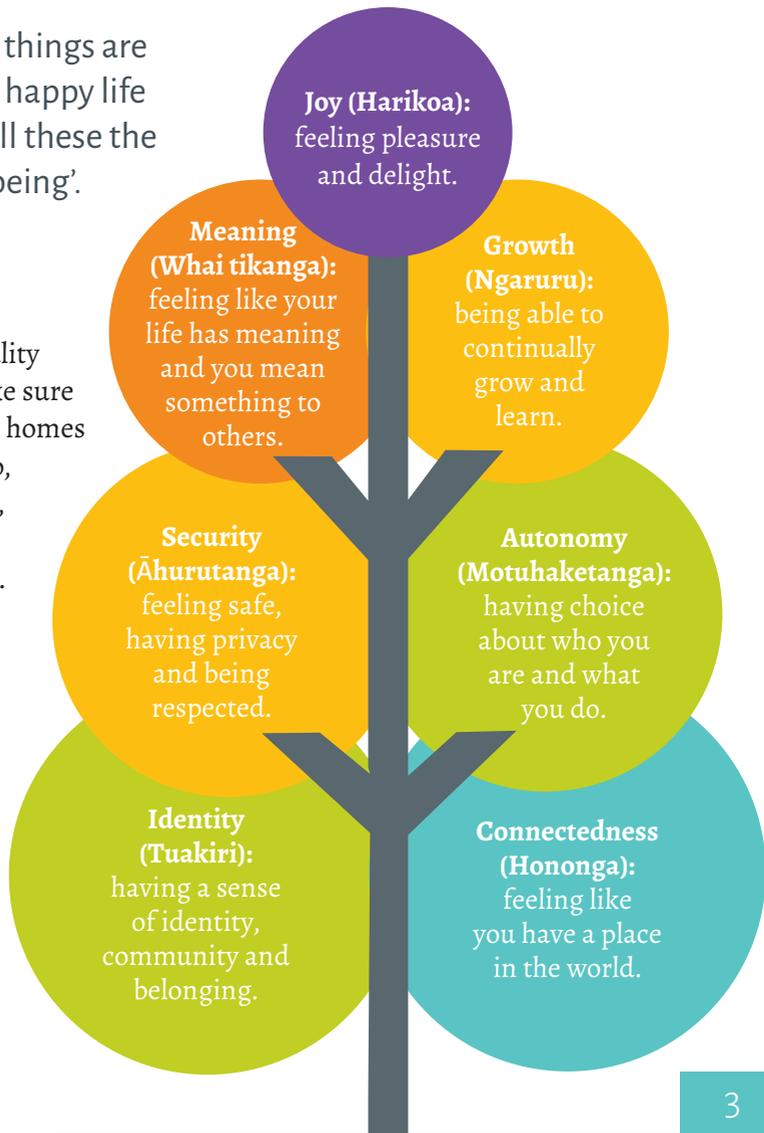
Our homes
and villages are
truly unique
and special
places to live.

Domains of Wellbeing



We believe some things are vital to a healthy, happy life at any age. We call these the 'domains of wellbeing'.

As well as providing practical day-to-day support and top-quality clinical care, we make sure the elders of Enliven homes have companionship, a sense of belonging, fun, meaningful activity and purpose.





Holistic care

The Enliven team recognises the importance of supporting social, emotional, spiritual and cultural wellbeing, as well as physical health and wellbeing.

A key focus of the Enliven philosophy is getting to know each elder. We acknowledge each resident's skills, experience, achievements, talents, cultural and spiritual practices. We support residents to maintain the routines, language, and cultural and spiritual practices that are important to them.

Hauora Māori



Enliven philosophy of care | Eden Alternative Principles

PARTNERSHIP

- 2: Elder centred community
- 3: Companionship
- 4: Giving and receiving

PARTICIPATION

- 5: Variety and spontaneity
- 6: Meaning and purpose
- 8: Personal choice and control

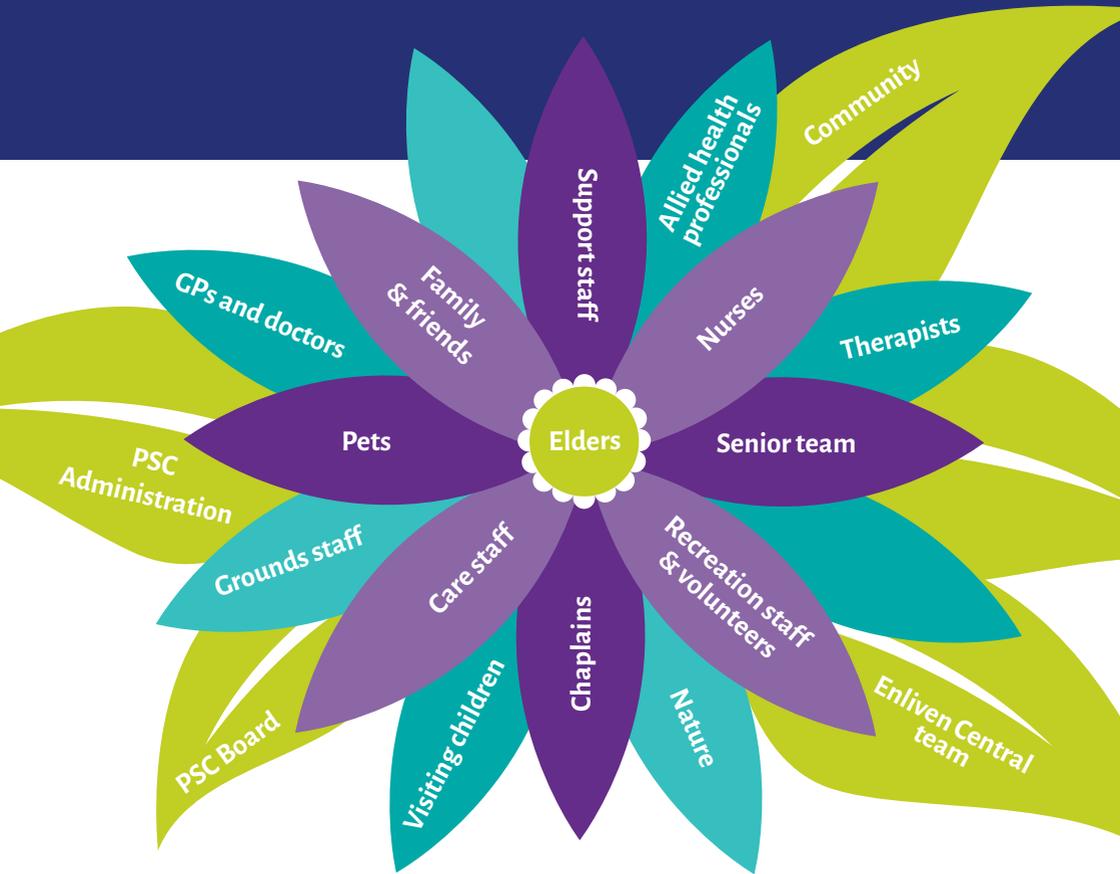
PROTECTION

- 1: Promoting positive ageing
- 7: Holistic care
- 9: Growth and development

Principle 10: Wise Leadership

The Treaty of Waitangi

Elder-centred community structure



The organisational chart for Enliven's homes is unique. As depicted here in a flower format, the elders of Enliven homes are always at the centre. Here they have choice and control.

The inner petals represent the elders' family, friends and the Enliven staff who support their wellbeing on a daily basis.

Further petals are added to represent those who also offer regular support to the elders of Enliven and their homes. The leaves represent the wider Enliven organisation and the community that surrounds the elders.





Principles of care

Enliven's principles of care, based on the Eden Alternative[®], aim to promote positive ageing.

Loneliness, helplessness and boredom are recognised as the main reasons older people feel unfulfilled. Yet you won't find this an issue at Enliven homes and villages.

Our ten core principles directly address loneliness, helplessness and boredom by providing opportunities for companionship, meaningful activity and fun, and by putting choice and control back into the hands of elders.



A life worth living

10 principles of care



Principle 1

Positive ageing

The problem: loneliness, helplessness and boredom are the plagues of ageing.

This worldwide issue isn't a problem for the elders of Enliven homes and villages. Here, we take every opportunity to provide companionship, meaningful activity and fun!



Principle 2

Elder-centred communities

The solution: Creating elder-centred communities.

Enliven homes are elder-centred communities that hum with life, vibrancy and energy. Contact with animals, plants, nature and people of all ages is part of everyday life.



Principle 3

Companionship

Companionship is the antidote to loneliness.

Wander around an Enliven home and you'll find not only residents and staff, but elders interacting with family, friends, volunteers, children and even resident pets and visiting animals.



Principle 4

Giving and receiving

The opportunity to give as well as receive care; this is the antidote to helplessness.

You'll often find Enliven elders helping each other out, supporting a local charity, teaching children, caring for animals or plants or even helping set the table for tea. After all, feeling valued and useful is important to us all.



Principle 5

Variety and spontaneity

Our homes are full of variety and spontaneity; this is the antidote to boredom.

There is plenty of diversity and variety at Enliven homes, including nice surprises and spontaneous fun. After all, they say variety is the spice of life!



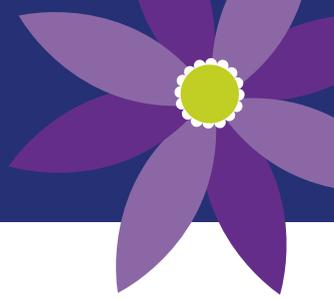
Principle six

Meaning and purpose

Meaningful activity and a sense of purpose keep our spirits alive.

At Enliven homes, we take every opportunity to bring meaning and purpose to the lives of residents. Sharing knowledge, skills and experience is good for the soul.





10 principles of care

Principle 7

Holistic wellbeing

Medical treatment is a partner in care.

Clinical care helps keep you physically healthy and comfortable, but we know things like good food, engaging activity, stimulating conversation, kindness and cultural care are just as important.



Principle 8

Choice and control

Decision-making is in the hands of the elders and those closest to them.

We honour and respect our elders by supporting them to make their own personal choices. Resident-led decision-making and involvement is evident everywhere – from small changes to significant initiatives.



Principle 9

Growth and development

We continually grow, adapt and develop.

Creating a true elder-centred community is a never-ending process, so we continually look for new ways to bring elders meaningful activity, variety, companionship and purpose.



Principle 10

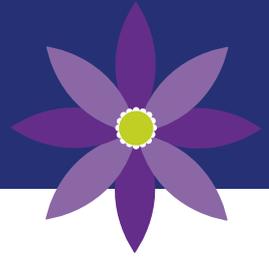
Wise leadership

Wise leadership is needed to help create a thriving elder-centred community.

At Enliven, everyone from the Board to staff and senior management embraces and supports the Enliven philosophy.



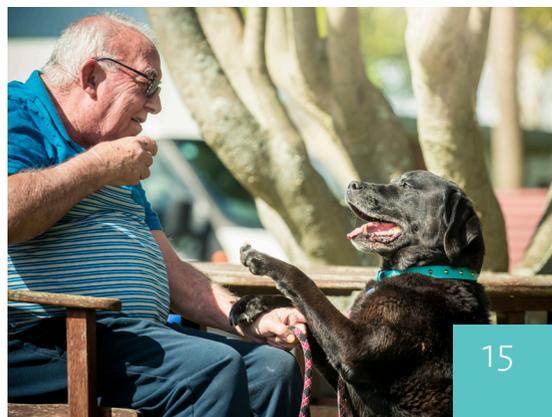
Individual support



When you visit Enliven homes across the lower North Island you will see the Enliven philosophy in action. We live and breathe this way of life.

To support this each resident has a personalised support plan that is tailored to meet their needs and the way they want to be supported and cared for.

Support plans are more than medical and health information, they contain all the information staff need to help keep residents happy and comfortable. Support plan information includes cultural and spiritual needs and practices, mobility goals, hygiene and grooming preferences, food preferences and dietary requirements, hobbies and interests and lots more.



Contact us

Enliven Central has
homes and villages in:

Taranaki
Whanganui
Manawatu
Horowhenua
Wairarapa
Wellington



enliven

Positive Ageing Services
PRESBYTERIAN SUPPORT CENTRAL

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