
Therapy in Eden Environments

Posted by AlPetraz - 2008/02/14 02:51

Hello. I am a Rehab Manager in a long term care setting. I've been trained on the Eden Alternative and am ready to accompany my staff on this transformation journey. I am interested in learning more about how Eden has changed all aspects related to how therapy is provided. For instance, are you finding your therapy staff to be more flexible with scheduling, more creative with therapy sessions, more engaged with elders in other ways, etc. I would like to learn from your experience. Responses of any type are welcome.

Thanks from Pittsburgh, PA.

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Re:Therapy in Eden Environments

Posted by amyv - 2008/04/25 15:48

Hello!

I have seen amazing changes in the way our rehab personel have embraced Eden. They work around the elders interests. One bonus of this is that when the Elders' daily life revolves around what they want it to, then they see therapy as a way to be able to do what they want. For example, we had an elder who was a devout Catholic. Her therapy time was "slotted" during rosary. She was upset to miss rosary. When we realized this, we changed and now she enjoys her exercise time and rosary. That's a no-brainer, I realize, but at the time it was a big deal to move.

I am glad that you went through the training, that's awesome. Do you have leadership that supports it? Our DON supports the culture change and that paved the way for the rehab/nursing personel to go with the flow.

We have come a long way, every journey is a series of steps. Our rehab girls sing with our elders, spend time laughing with them and as soon as we figure it out will be playing Wii with them.

I thisk the biggest change for us was letting go of the "mystic power" that therapies had on life and let the elders' wishes and desires dictate their life.

Tell your crew to have fun. Elders' want a good reason to go through therapy. An Eden life gives them one.

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Amy Vandiver

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