



Fidalgo Rehabilitation
ABOUT THE EDEN ALTERNATIVE

The Eden Alternative® is an international, non-profit 501(c)3 organization dedicated to creating quality of life for Elders and their care partners, wherever they may live. Through education, consultation, and outreach, this philosophy of care offers person-directed principles and practices that support the unique needs of different living environments, ranging from the nursing home to the neighborhood street.

In a culture that typically views aging as a period of decline, the Eden Alternative philosophy asserts that no matter how old we are or what challenges we live with, life is about continuing to grow. Building on this new paradigm, it affirms that care is not a one-way street, but rather a collaborative partnership. All caregivers and care receivers are described as “care partners,” each an active participant in the balance of giving and receiving. Together, care partner teams strive to enhance well-being by eliminating the three plagues of loneliness, helplessness, and boredom.

Focused on changing the culture of care since the early 1990's, this approach to person-directed care initially came to life in nursing homes and has since expanded its reach to all care settings, including home care and residential care for people living with different abilities. The Eden Alternative firmly believes that culture change unfolds one relationship at a time, and that deep change can only take root when the entire continuum of care is involved.

Fidalgo Rehabilitation follows the principles outlined by The Eden Alternative® with the intention to always put the resident first when it comes to their personalized care.

For more information about The Eden Alternative®, visit their website at <http://www.edenalt.org/>.

