

# THE EDEN ALTERNATIVE

## DOMAINS OF WELL-BEING™

### IDENTITY

**Being well-known; having personhood; individuality; wholeness; having a history**

- *How do welcoming rituals bring forth the identity of the care partner (Elder, employee, family member)?*
- *How do conversations within the care partner team reflect how well-known one is?*
- *How do care partners help people continue to become well-known to one another?*
- *In written language, how is each individual's identity revealed?*
- *How are individual strengths applied to affirm each person's unique identity?*



### GROWTH

**Development; enrichment; unfolding; expanding; evolving**

- *How are one's strengths, dreams, and goals captured and shared in the care partner team?*
- *How does the care partner team work together to help one another grow, based on individual strengths and goals?*
- *What opportunities are all care partners given to be exposed to new life experiences and knowledge?*

### AUTONOMY

**Liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom**

- *When engaging care partners, do leaders seek their input or truly empower them to take an active role in daily decision-making?*
- *What are some ways individual choice is optimized for each individual?*
- *How do we uncover assumptions that may cause us to limit choices for one another?*
- *How does the care partner team handle situations when poorer choices are made?*
- *Are mistakes an opportunity for punishment or limitation, or an opportunity for growth?*

### SECURITY

**Freedom from doubt, anxiety, or fear; safe, assured; having privacy, dignity, and respect**

- *How does the care partner team uncover and address anxieties and fears that members of the team possess (Elders, employee, family members)?*
- *How do care partners protect the dignity and privacy of individuals?*
- *What does respect for one another look like on the care partner team?*
- *Are care partners comfortable in the physical space and with those living or working there?*

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(Continued)

### CONNECTEDNESS

State of being connected; alive; belonging; engaged; involved; not detached; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature

- *How are members of the care partner team connecting with one another regularly?*
- *How are meaningful connections in the lives of care partners identified and shared?*
- *What actions are care partners taking to help all team members to maintain or build a sense of connectedness?*
- *What role does a connection with the larger living world play in the individual's life and how is the care partner team developing that connection?*

### MEANING

Significance; heart; hope; import; value; purpose; reflection; sacred

- *How are care partners learning each other's stories of meaningful moments in their lives?*
- *How is time for reflection and celebration woven into care partners' lives?*
- *How are an individual's goals honored and achieved in meaningful ways?*

### JOY

Happiness; pleasure; delight; contentment; enjoyment

- *Share stories about joyful moments in life.*
- *How can joyful energy enrich the lives of members of the care partner team?*
- *How does each member of the care partner team define "joy?"*
- *How do care partners express the joy they experience with one another?*