

## TALLANGATTA HEALTH SERVICE

### OUR VALUES

**Caring** to be sensitive and responsive to each other

**Honesty** To be open, trustful and trustworthy

**Integrity** to be open, confidential and accountable

**Respect** to treat each other with dignity, courtesy and as individuals



### Compliments and Complaints

If at anytime you have a concern or comment to make please do not hesitate to contact the Chief Executive Officer on 0260 71 5200 or write to PO Box 77 Tallangatta VIC 3700

Tallangatta Health Service is a flexible and dynamic provider of services that meets the changing needs of our rural community



**Tallangatta Health Service**

is a

**smoke free facility**

### Available at Tallangatta Health Service.

- Medical Centre
- Bolga Court : Residential and Respite
- Lakeview Nursing Home
- Respite Care
- Acute Hospital Care
- Home And Community Care
- District Nurse
- Occupational Therapist
- Meals on Wheels
- Women's Health
- Asthma Education
- Dietician
- Diabetes Education
- Exercise Classes, and Strength Training
- Podiatry
- Physiotherapy
- Bowen Therapy
- Activity Day Centre
- Social Worker
- School Dentist
- Red Cross Car
- Community Bus Hire
- Room Hire
- OSCH Childcare

For more details, phone reception: 0260 71 5200

## EXPLAINING THE EDEN ALTERNATIVE



**PO Box 77  
25 Barree Street  
Tallangatta  
VIC 3700**

**Phone: 0260 71 5200  
Fax: 0260 71 2795  
Email: [THS@ths.vic.gov.au](mailto:THS@ths.vic.gov.au)**

## What is The Eden Alternative?

The Eden Alternative was developed by Dr William Thomas in the United States who saw a need to increase the value of life for elderly people living in an aged care environment. This philosophy is now being developed to suit the Australian lifestyle.

### Mission Statement

To improve the well-being of elders and those that care for them by transforming the communities in which they live and work

### Vision

To eliminate loneliness, boredom and helplessness



## The 10 Principles

### The Heart of the Eden Alternative



1. The three plagues of helplessness, loneliness and boredom account for the bulk of suffering in a human community
2. Life in a truly human community revolves around close and continuing contact with children, plants, and animals. These ancient relationships provide young and old alike with a pathway to a life worth living
3. Loving companionship is the antidote to loneliness. In a human community we must provide easy access to human and animal companionship
4. To give care to another makes us stronger. To receive care gracefully is a pleasure and an art. A healthy human community promotes both of these virtues in it's daily life, seeking always to balance one with the other
5. Trust in each other allows us the pleasure of answering the needs of the moment. When we fill our lives with variety and spontaneity , we honour the world and our place in it
6. Meaning is the food and water that nourishes the human spirit. It strengthens us. The counterfeits of meaning tempt us with hollow promises. In the end, they always leave us empty and alone
7. Medical treatment should be the servant of genuine human caring, never its master
8. In a human community, wisdom of the elders grows in direct proportion to the honour and respect accorded to them
9. Human growth must never be separated from human life
10. Wise leadership is the lifeblood of any struggle against the three plaques. For it, there can be no substitute