

The Path to Mastery

Consists of four Milestones. The first Milestone is about preparing the leadership to begin the culture change journey with the Eden Alternative. Each additional Milestone builds upon the previous one to continue to grow the organization and the people within it along the transformational journey.

Milestone	<u>Information</u>
1	<p>Specific to dining: The formal leaders are identifying ways to improve the dining experience in the home.</p> <p>Eden Principles: 2,3,6,7,9,10 (on Eden Alternative website, www.edenalt.org)</p> <p>Eden Tools: Eden Principles in Action, Creating Home with the Eden Alternative, What it is ... What it ought to be, Learning Circles, Magic Wand exercise, Decision Rings, Visualization exercise, Code of Ethics for leadership</p> <p>Eden Resources: <i>Haleigh's Almanac</i> Chapter 2, GROWTH workbook, Eden Registry Homes</p> <p>Eden Trainings: Certified Eden Associate training, Leadership in an Eden Garden workshop, GROWTH workshop</p> <p>Eden Books: <i>In the Arms of Elders</i>, the story of Caleb's Basket</p> <p>Relationship to F-tags:</p> <ul style="list-style-type: none"> F240-Quality of Life F241-Dignity F242-Self-Determination and Participation F252-Environment F325-Nutrition F327-Hydration F360-Dietary Services F361-Staffing F362-Standard Sufficient Staff F363-Standard Menus and Nutritional Adequacy F364-Food F365-Food prepared in a form designed to meet individual needs F366-Substitutes offered of similar nutritive value to residents who refuse food served F369-Assistive Devices F373-Paid Feeding Assistants F371-Sanitary Conditions F372-Disposal of Garbage and Refuse Properly F441-Infection Control F454-Physical Environment F464-Dining and Resident Activities

<p>2</p>	<p>Specific to meals: The home is offering more food choices for meals and snacks and reducing the use of expensive supplements while enriching the meal experience. The home is developing a plan to provide open access for Elders to snack foods of their choice all day, every day.</p> <p>Eden Principles: 2,3,5,6,7,8,9,10 (on Eden Alternative website, www.edenalt.org)</p> <p>Eden Tools: Eden Principles in Action Tool, Creating Home with the Eden Alternative, What it is ... What it ought to be, Learning Circles, Three Card Exercise, Decision Rings, Visualization exercise</p> <p>Eden Resources: Haleigh’s Almanac Chapters 2 and 3, GROWTH workbook, Eden Registry Homes</p> <p>Eden Trainings: Certified Eden Associate training, GROWTH workshop</p> <p>Eden Books: In the Arms of Elders, the story of Caleb’s Basket</p> <p>Relationship to F-tags:</p> <p>F240-Quality of Life</p> <p>F241-Dignity</p> <p>F242-Self-Determination and Participation</p> <p>F252-Environment</p> <p>F325-Nutrition</p> <p>F327-Hydration</p> <p>F360-Dietary Services</p> <p>F361-Staffing</p> <p>F362-Standard Sufficient Staff</p> <p>F363-Standard Menus and Nutritional Adequacy</p> <p>F364-Food</p> <p>F365-Food prepared in a form designed to meet individual needs</p> <p>F366-Substitutes offered of similar nutritive value to residents who refuse food served</p> <p>F369-Assistive Devices</p> <p>F373-Paid Feeding Assistants</p> <p>F371-Sanitary Conditions</p> <p>F372-Disposal of Garbage and Refuse Properly</p> <p>F441-Infection Control</p> <p>F454-Physical Environment</p> <p>F464-Dining and Resident Activities</p>
<p>3</p>	<p>Specific to meals: The home has changed its approach to provide a more leisurely meal experience and flexibility in the daily routine of the home. The Elders have open access, 24 hours a day, to snack foods of their choosing.</p> <p>Eden Principles: 2,3,5,6,7,8,9,10 (on Eden Alternative website, www.edenalt.org)</p> <p>Eden Tools: Eden Principles in Action Tool, Creating Home with the Eden Alternative, Learning Circles, Visualization exercise</p> <p>Eden Resources: Eden Registry Homes</p>

	<p>Eden Trainings: Certified Eden Associate training, Leadership in an Eden Garden workshop</p> <p>Eden Books: In the Arms of Elders, the story of Caleb’s Basket</p> <p>Relationship to F-tags:</p> <p>F240-Quality of Life</p> <p>F241-Dignity</p> <p>F242-Self-Determination and Participation</p> <p>F252-Environment</p> <p>F325-Nutrition</p> <p>F327-Hydration</p> <p>F360-Dietary Services</p> <p>F361-Staffing</p> <p>F362-Standard Sufficient Staff</p> <p>F363-Standard Menus and Nutritional Adequacy</p> <p>F364-Food</p> <p>F365-Food prepared in a form designed to meet individual needs</p> <p>F366-Substitutes offered of similar nutritive value to residents who refuse food served</p> <p>F369-Assistive Devices</p> <p>F373-Paid Feeding Assistants</p> <p>F371-Sanitary Conditions</p> <p>F372-Disposal of Garbage and Refuse Properly</p> <p>F441-Infection Control</p> <p>F454-Physical Environment</p> <p>F464-Dining and Resident Activities</p>
4	<p>Specific to Convivium: Convivium is experienced by all whenever food is shared.</p> <p>Eden Principles: 3,5,6 (on Eden Alternative website, www.edenalt.org)</p> <p>Eden Tools: Eden Principles in Action Tool, Creating Home with the Eden Alternative, Learning Circles</p> <p>Eden Resources: Eden Registry Homes, Ann Evans as an Eden Guide</p> <p>Eden Books: What are Old People For? by Dr. William Thomas</p> <p>Relationship to F-tags:</p> <p>F240-Quality of Life</p> <p>F241-Dignity</p> <p>F242-Self-Determination and Participation</p> <p>F252-Environment</p> <p>F325-Nutrition</p> <p>F327-Hydration</p> <p>F360-Dietary Services</p> <p>F361-Staffing</p> <p>F362-Standard Sufficient Staff</p> <p>F363-Standard Menus and Nutritional Adequacy</p> <p>F364-Food</p>

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Figure 1: *The Path to Mastery: The Art of Creating a Caring Community, The Eden Alternative®*