



Seven Domains of Well-Being

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Compass Senior Living, LLC is an advocate for culture change in long term care. We recognize that aging and living with unique health challenges need not be about decline and despair, but instead, a chance to joyously soar to new heights of human growth and awareness. The goal of the traditional model of care for older people is to simply mitigate decline. The Eden Alternative® identified seven Domains of Well-being: identity, growth, autonomy, security, connectedness, meaning, and joy.

These domains guide us as we develop holistic Growth and Wellness Plans for each resident, to determine our level of assistance in light of the resident's strengths and goals towards well-being

1. **IDENTITY – being well-known; having personhood; individuality; wholeness; having a history.** Part of knowing each other deeply involves acknowledging our strengths and what we have to offer.
2. **GROWTH – development; enrichment; unfolding; expanding; evolving.** Longevity gives forth its own promise and potential. In a person-directed model of care, Elders have every opportunity to learn and grow. Individuals living with frailty continue to grow and teach us how to be human beings in a culture of caring.
3. **AUTONOMY – liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom.** Simply put, to be autonomous is to be one's own person...to be respected for one's ability to decide for oneself, control one's own choices. People who identify themselves as caregivers sometimes perceive good 'caregiving' as doing everything possible for the other individual. However, this well-meaning generosity can lead to learned helplessness and diminish individual choice.
4. **SECURITY – freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy; dignity, and respect.** Abraham Maslow taught that human beings are motivated by a hierarchy of needs, and that certain lower needs must be satisfied before higher needs can be fulfilled. For example, safety needs – the security of home and family, freedom from fear and anxiety – must be satisfied before we can grow toward self-actualization.
5. **CONNECTEDNESS – state of being connected; alive; belonging; engaged; involved; not detached; connected to the past present and future; connected to persona possessions; connected to place; connected to nature.** Studies show physical and emotional benefits to staying connected with loved ones and with one's own environment. It is about being in meaningful, and sometimes deep relationships with others. It is about being a part of something that is bigger than ourselves.
6. **MEANING – significance; heart; hope; import; value; purpose; reflection; sacred.** A person-directed approach infuses meaning into every corner, every act, and every relationship. Simple pleasures are brought to life. The rhythm of daily life is affirming and nurturing, drawing people together in meaningful ways. Meaning is generated because of the caring relationships we have nurtured with one another.
7. **JOY – happiness; pleasure; delight; contentment; enjoyment.** Joy is a short, simple word that describes the best, most elusive dimensions of human experience. Joy is deeper and more encompassing than happiness. Joyful moments cannot be scheduled structured, or commanded into existence. They can only emerge from the moment. Efforts to intentionally create joy for others are doomed to failure. The best soil for joyful moments is always found in places where relationships are deep, rich and intensely meaningful. It is through the relationships we have with one another that we can discover ways to recognize and celebrates those moments of joy when they occur.