

## Our Philosophy & Foundation Principles

Our philosophy of care is strongly aligned with our Vision, Mission and Values. We will inspire and enable people to live a happy life based on health and wellness, purpose and meaning by incorporating the following foundation principles to our care and services:

1. **Resident Centred** – Residents have lived full lives and have their own individual identities. We see our residents as people with unique life stories and we tailor our services to each resident's needs, working to maintain their dignity, independence, choices and preferences. We are committed to being strong advocates for Residents Rights, including maintaining their right to take risks.
2. **Social and Lifestyle** – A social lifestyle model focusses on the continuation of a normal life and staying connected to families, friends and community. We strive to be a vibrant connected community, where intergenerational activities are an important and normal part of everyday life. Intergenerational activities provide many benefits and learning opportunities for both young and old and we hope to encourage and enable that here at Benevolent Living.
3. **Health & Wellness** – Our care will be evidence based and best practise. In our view wellness has a broader context and it is more than the absence of disease, it is a state of complete physical, mental and social well being. We will encourage and promote healthy and active ageing by enabling resident everyday and promote physical activity, social connections and provide access to greenspace as ways to improve quality of life.
4. **Meaning and Purpose** – We inspire and encourage residents to retain their previous interests, hobbies, and connections. By focussing on people's strengths and what they can do as opposed to what they can't do, Benevolent Living provides opportunities for residents to continue to strive, learn and set new goals. Thus, continuing to positively contribute to their local community and society in general. Spirituality is also integral to ensuring our residents have meaning and purpose in their lives, but it is not confined by religion and faith. It is about what gives us a purpose and provides sources of meaning and hope.
5. **Relationships and partnerships** – Great relationships between resident, family members and our staff are fundamental to achieving resident centred care. At Benevolent Living we have embraced the Six Senses Relationship Framework. Our residents and their representatives are seen as partners in care and are assisted to actively contribute to the development and evaluation of both their care and services. Residents are kept informed and empowered, not only in terms of their care, they always have an active say in how our community operates as well.
6. **Inclusivity** – Our community is for all people from all walks of life, races and backgrounds. We believe everybody should feel comfortable to be themselves and receive services that are culturally safe to them. We celebrate diversity and the strength it brings to our community. We learn from people who have different experiences, beliefs and perspectives and it opens our minds.

A vibrant connected community **where age is just a number.**