

The Almacasa Principles

1. Like everybody else, older adults needing support and guidance in their everyday life have the desire to be recognised for who they are, to continue in their personal growth and to belong to a social group. In later life these desires are often severely compromised by physical and cognitive disabilities and this can lead to loneliness, helplessness and boredom.
2. Consequently, Almacasa is committed to creating a social environment in which the communal creation of empowered everyday life has priority. The opportunity to establish continuous contact with other people, animals and nature will be assured.
3. Compassionate support and guidance in everyday life will facilitate the sense of belonging.
4. The Almacasa community promotes the giving and receiving of caring support and guidance in everyday life. In this context accountability and responsibility are important to us.
5. We enable the development of a diverse environment that is full of enjoyable life.
6. We create opportunities for meaningful activities in everyday life whilst also advocating the choice of fulfilled, passive “being”.
7. Medical and nursing treatments are provided with a genuine and honest approach that ensures dignity and respect of the individual in later life.
8. We encourage the creation of a personalised environment established jointly by the individual, their families, their care workers and volunteers. As far as possible we aim to ease everyday bureaucratic and administrative duties.
9. We view the development of the Almacasa communities as a continuous developmental process, which we mindfully guide and direct.
10. We commit to a transparent and wise leadership based on an ethical approach which ensures quality of life and work, professionalism, sustainability, creativity, economic and ecologic responsibility. We expect these values to be demonstrated in everyday life.

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The above principles are based on and have been inspired by Dr. Bill Thomas, The Eden-Alternative® (1998)