

Eden Alternative Domains of Well-Being Form

Domain	Five Ways <u>You</u> Experience This Domain	Five ways <u>an Elder you know</u> experiences this Domain	Five ways you strengthen this domain for an Elder and peer care partner	Five ways peer care partners, including the Elder, strengthen this Domain for you	Five ways you can tell others about personal needs with this Domain
Identity – <i>being well-known; having personhood; individuality; wholeness; having a history</i>					
Growth – <i>development; enrichment; unfolding; expanding; evolving</i>					

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Autonomy – <i>liberty; self-governance; self-determination; immunity from the arbitrary exercise of authority; choice; freedom</i>					
Security – <i>freedom from doubt, anxiety, or fear; safe, certain, assured; having privacy, dignity, and respect.</i>					

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<p><u>Connectedness</u> <i>– state of being connected; alive; belonging; engaged; involved; connected to the past, present and future; connected to personal possessions; connected to place; connected to nature.</i></p>					
<p><u>Meaning</u> – <i>significance; heart; hope; import; value; purpose; reflection; sacred</i></p>					

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<i>Joy – happiness; pleasure; delight; contentment; enjoyment</i>					

The strengths I possess that help me grow well-being are:

My personal well-being growth goal(s) for the next year are:

Challenges to strengthening my well-being include: