

## Atholl House - Wolverhampton

### Music Therapy through Reminiscence Interactive Therapy

Atholl House is situated in a suburb of Compton approximately 2.5 miles to the west of Wolverhampton City Centre. Atholl House offer the very best in quality nursing care, security and support in a friendly environment.

### Music is said to be “good for the soul”

Atholl House use music to positively influence their resident’s behaviour as well as promote good mental health.

Scenario	Outcome
A resident with no speech capacity.	Staff learned that she loves Elvis Presley. ‘Tin Can Alley’ has been a big hit with her and allows her an outlet for her emotions.
A lot of residents have missed going to church during the COVID-19 Pandemic.	The hymns section on RITA has been a great addition and comforted the residents who have missed their regular church services. This helps the residents stay in touch with their faith, keep up a regular routine and engage their mental health with meaningful interests.
A lady with advanced dementia	A resident with advanced dementia struggles to communicate her thoughts and feelings to the people around her. With the help of RITA, the staff have discovered that she loves the relaxation sessions and that she also enjoys using the piano activity.

### When you can’t see the world around you, you rely on your other senses to paint your world.

Atholl House have a Jamaican resident who is blind. This alone creates its own challenges for the resident. The staff used RITA to find person centred content that he would absorb and engage with. They came across some Jamaican music that the resident loved to listen to which boosted his spirits.