



## Farmborough Court Intermediate Care



This service offers short term rehabilitation usually for up to six weeks to people who have been discharged from hospital or whose needs have changed.

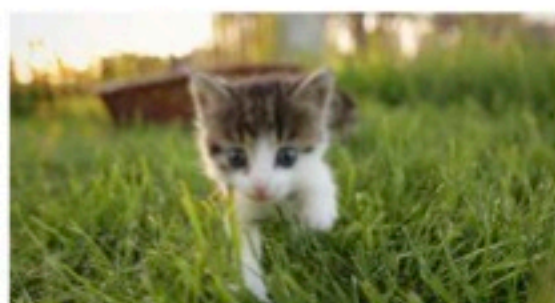
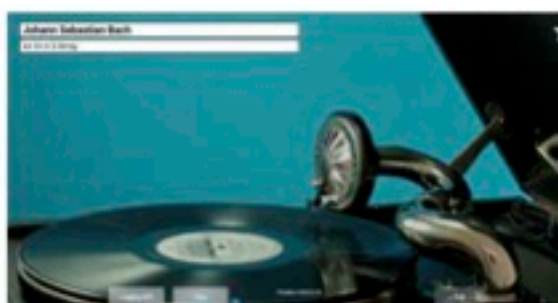
The recent acquisition of four RITA Reminiscence Interactive Therapy/Activity systems by Sunderland Council has enabled Farmborough Court's staff to use RITA to ease anxiety and help residents feel less isolated during the current restrictions.

**Comment from a member of staff "RITA is a conversation initiator which is mentally stimulating, memory provoking and provides redirection of lonely thoughts." More comments from staff:**

Scenario	Action	Outcome
After chatting with a resident I saw they were visibly upset and quite down.	I initiated a conversation around movies and found that musicals were a favourite, and suggested RITA.	We looked together and the resident chose "The King and I" which heightened their mood.
I was talking to a resident who was bored.	I explained about 'RITA', and the resident and I looked through, choosing Laurel and Hardy clips, which he used to watch with his parents.	This brought back happy memories for the resident. RITA is a conversation initiator which is mentally stimulating, memory provoking and provides redirection of lonely thoughts.
Resident asking to go home, becoming agitated	Rita helped to distract, using puzzles, memory lane, activities and movies.	Residents became settled, and it has been good for helping with memory.
Resident unsettled or bored	Putting music on in the corridor allows residents to listen and enjoy, and also the staff can listen while working. Residents have also done exercises with music.	This is physically stimulating as well as bringing back memories.
A resident was anxious about their stay in Farmborough Court	After being given info about Farmborough Court, the resident watched a film, which led to them having RITA in their room almost every day	Resident felt less isolated and was less anxious about having to be isolated. RITA supports residents by keeping them occupied.

**Comment from a member of staff "RITA is an excellent memory aid for residents with dementia. It provides stimulation, intellectual activity and just plain fun for customers"**

Scenario	Action	Outcome
A resident could not hold a puzzle book and was struggling to read it.	I set up wordsearch on RITA	She spent two hours doing wordsearch
New resident to get to know. I introduced her to RITA. She told me she loved old musicals.	We put on a film and she was able to tell me all the actors in that and many other films.	An excellent ice-breaker, providing intellectual activity and a memory aid for residents with dementia.
Residents who are unsettled and at risk of falls	RITA is very user friendly and residents will spend time watching films and engaging with RITA	This gives staff time to focus on the other residents
Anxious and isolated residents	RITA has helped with quite a few residents, there is a lot on RITA, puzzles, music films, with something for everyone. We can play music from their era.	This calms residents down. The benefits are great for customers isolated at the present time, and helps with anxiety.



Having the ability to improve the quality of a person's experience by providing a calming distraction is beneficial to staff, patients and relatives.



**"I heard laughter and singing coming from the rooms... something I have not heard for a long time since our residents were unable to mix socially due to the covid-19 restrictions. RITA has made such a difference!"**

**Home Manager**