

## RITA enhances wellbeing and promotes social inclusion at Goldthorn Lodge Care Home

Goldthorn Lodge is a small nursing home situated in Wolverhampton, with a capacity of twelve, housing adults of all ages including those with learning disabilities. Additionally, the nursing home supports people with mental health conditions.

### Staff Feedback

What was the main reason for using RITA?	To promote independence, reduce boredom and to keep the residents occupied
Have you learnt anything new about your residents through using RITA?	Yes, when their memories are positively stimulated, they recall stories from their childhood. They will happily and contently speak to staff and other residents about their memories as a child.
What content was used?	Old B+W Movies, Music (from pop to relaxation), painting, TV clips and photos.
How have residents responded?	Really positively. We notice that when the residents watch the old movies, this encourages them to speak between themselves and reminisce about the 'old days'. During topical conversations this can then lead to them remembering certain songs from their youth and before we know it, there's a sing-along taking place.
Have you been able to reduce agitation or positively stimulate the residents?	We definitely see positive results from using RITA with the residents. There's always laughing, smiling, clapping hands and singing when it's in use.
Has RITA helped to meet the residents needs?	RITA definitely triggers meaningful discussions between the residents. They realise they have so much in common and navigate through endless topics of conversation. One big subject that they have in common is the war. They look through old black and white photos and talk about their own experiences during those times.  RITA certainly prevents residents from staying in their rooms and promotes healthier, social behaviour.