

RITA at Grindon Lane – Short Break Service

Grindon Short Break Service provides care and support for up to ten people who have a disability. Services offered by Grindon Short Break Service are Care home with nursing, Care home without nursing, Homecare, Shared lives, Supported living services and more.

Feedback from the Management team at Grindon Lane:

Is RITA being used with individual in group sessions or both?	<p>Both! Individually, RITA is utilised to identify each service users likes and dislikes. The staff also use it as a tool to build and establish relationships with our service users. Jigsaws and colouring are very popular at our site.</p> <p>Group activities are lots of fun. Service users, and staff, really enjoy Karaoke and music quizzes. These activities are great as they get everyone involved.</p>
Has RITA improved your residents and family's mood and wellbeing?	RITA has been instrumental for when a new service user arrives at our site. We use RITA to assist with settling-in techniques and to help create a safe and engaging space for them. When a service user feels safe and relaxed, this same feeling then spills over to the family and makes them feel reassured.
Has there been a reduction in 1-1 needs?	We haven't seen a reduction, but our 1-1 sessions have become more service user lead. They're able to easily use RITA themselves, so therefore the staff are able to take a step back and allow the person to have more space and independence.
Has 1-1 become more meaningful and improved?	Yes! The biggest thing that we like to see is smiles from our service users. That is exactly what RITA brings out in people.
Does RITA help to calm agitated or distressed residents?	Yes, and this is down to little RITA. The fact that it is so portable means that if we see a situation that we know could escalate, we have the ability to use little RITA in a quiet space and encourage the individual to focus on more positive, engaging aspects.
Were there any particular occasions where RITA made a notable difference to a challenging situation?	Yes, we had a woman who knew she would be going out later in the day and this was causing her to be anxious and distressed. She was beginning to pace and raise her voice. Staff were able to intervene and engage with her on a 1-1 basis, distracting her and quickly & calmly de-escalating the situation until everyone was ready to go out.
Would you benefit from additional RITA systems to help you further enhance your care and your residents quality of life?	As we are short break and can have up to ten people staying with us at any one time (with varying learning disabilities and support needs). It would be useful to have another RITA to allow more people to access the system and benefit from it.