

Inspirations Residential Care Home



Inspirations has built an excellent reputation for its standard of care.

We are a 16-bed home located in the conservation area of Tettenhall, Wolverhampton.

SPECIAL CARE FOR SPECIAL PEOPLE

Since the introduction of RITA, we have noticed a positive shift in residents' moods.

RITA offers a great social benefit to the residents in the home and provides them with the tools to participate in group activities.

Manager Feedback

Is RITA being used for individuals, group sessions or both?

Both.

Individually for 1-1 sessions.

Groups to encourage social health.

Has RITA improved your residents and family's mood and wellbeing?

Yes, the residents look forward to using RITA. We have found the sensory music very calming.

Has 1-1 support become more meaningful?

Yes, it has helped improve quality of life. Using the collage passport as a visual identification is a real bonus to help promote person centred conversations.

Does RITA help to calm agitated or distressed residents?

Yes, we have one lady who loved to attend church but with the Covid-19 restrictions, it became impossible for her to attend services. In order to soothe her agitation as she couldn't leave the home, we showed her the church clips on RITA. She completely relaxed and felt like she was there.

Staff Feedback

What was the main reason for using RITA?	To provide entertainment, manage distressed behaviour, keep residents occupied, prevent boredom and to re-direct agitated behaviour.
Have you learnt anything new our residents through using RITA?	<p>We have discovered so much new information about our residents...Their favourite songs, programmes, poems. We're always learning something new and able to trigger new conversation topics.</p> <p>We discovered that one resident is excellent at quizzes and another resident is a big fan of western movies.</p>
What content was used?	Music, poems, games, audio books, daily newspapers, TV clips, photos, chair exercises, jigsaws....the list goes on.
How have residents responded?	The residents love it! They love to Sing-along to their favourite singers.
Have you been able to reduce agitation or positively stimulate the residents?	<p>One resident can become very agitated, but the staff discovered that the fish tank activity or the gardening activity can really reduce their level of agitation and positively change their mindset.</p> <p>Another resident has a reduction in their agitation level when concentrating on jigsaws.</p> <p>In general, when music is playing, the residents will move and dance in their chairs, tapping their feet and hands to the beats. It creates such a warm, happy and calm atmosphere.</p>
Has RITA helped to meet the residents needs?	<p>RITA reduces social isolation as everyone can join in with the group activities.</p> <p>RITA triggers reminiscent moments in people's lives and prompts meaningful conversations.</p> <p>This assists the residents to form bonds and friendships as they discover they have similar interests and a common ground as they enjoy talking about their favourite actors and singers from when they were young.</p>

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