



RITA enhances social inclusion at Muirfield Nursing Home

Muirfield Nursing Home in Gullane. Muirfield is a new, purpose-built home, situated in a small East Lothian coastal village. The service provides a modern and high standard of accommodation, and nursing care for up to 60 older people, including some who are living with dementia. There is a team of activities staff who provide 120 hours of dedicated activity time each week. The team has had access to the new, updated RITA activity units for around a year now. Staff noted that “It (RITA) has really benefitted us during the pandemic”. Feedback from the activities team was that “When RITA was in use, or had recently been used, the overall atmosphere in the lounge was cheerful, it had encouraged and created opportunities for residents to have positive interactions with staff, and with each other”.

The activity team had identified that, by teaching the care staff to also use RITA, it meant that they were able to create more opportunities for residents to benefit from what RITA could offer, and residents could continue to engage with the activity, even if care staff were called away intermittently to attend to other resident needs.

| Scenario | Action | Outcome |
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| <p>Staff & Residents were receiving their COVID vaccines which meant staff were very busy and not able to engage with the residents as much as usual.</p> <p>The Residents picked a film 'The Wizard of Oz' to watch that morning</p> | <p>Residents went from being lethargic and a bit bored to being alert and engaged with the film and each other.</p> <p>Staff discussed the film when they were passing through and had a minute.</p> <p>The Residents reminisced with staff and each other and sang along to 'Somewhere over the rainbow'.</p> | <p>The Residents most definitely benefited from watching the movie; the atmosphere had noticeably changed and everyone was in very good spirits.</p> <p>It was very beneficial to the care staff that they could quickly and easily provide meaningful entertainment to the residents while they could be called away to do other things.</p> <p>The residents requested to watch more films.</p> |
| <p>A Male resident was feeling quite bored but did not wish to partake in scheduled activities with activity staff that day.</p> | <p>Care Staff sat with him and looked through the reminiscence album he particularly enjoyed looking at sports.</p> <p>He became very interested, talkative and enthusiastic.</p> <p>He remained engaged when the carer went to assist other people but caught them up with what he had been looking at once they came back.</p> | <p>Having a meaningful activity that was easily accessible to care staff meant that they could utilise their time well and spend it in the most beneficial way to our residents by engaging by looking at stimulating photographs and video without needing to do any preparation.</p> <p>He remained engaged when the carer went to assist other people but caught them up with what he had been looking at once they came back.</p> |
| <p>It was a particularly quiet early evening and the residents were quite sleepy.</p> | <p>The carers engaged residents in a friendly competition of Whack A Mole.</p> | <p>Residents enjoyed the game and it encouraged residents to interact with each other.</p> |



| Scenario | Action | Outcome |
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| One Resident who lives with dementia felt very "shut in" and wanted to go home. She was feeling agitated and unsettled. | <p>The Carers engaged her with the RITA she played many of the games. Her attention shifted to the RITA, she became very focused and after the game finished, she asked to play another.</p> <p>She became very cheerful; her movements became very animated. She was laughing and happily chatted to staff as well as another resident.</p> | <p>The resident had something positive to focus on. Participating in the stimulating activities improved her mood.</p> <p>Her laughter and high energy seemed to change the atmosphere of the lounge, other residents were smiling while watching her and they interacted with each other well talking about the computer</p> |
| Used by Activity Staff We scheduled a 'time travelling tea party' | <p>We got out our best china and reminisced using the RITA casted on the television. We enjoyed old songs, videos and TV clips.</p> <p>The residents immediately became very engaged and started discussing different memories between them. It was very engaging – Smiles all round!</p> | <p>This was a very beneficial addition to our activity that has been done before using only physical memorabilia such as replica documents. However, adding the RITA made the activity a lot more engaging and interactive. It was astoundingly clear how surprised our residents were to see the old footage again and just how pleased they were to see it. It gave all of the residents something in common to talk about and look at, at the same time which encouraged them to swap stories and engage with each other.</p> |
| Used by Activity Staff The RITA was used by activity staff for a game of Bingo. | <p>The residents were engaged and enjoyed the game.</p> | <p>The Vivid Colours and big picture when casted on to the television made it very easy for the residents to see. This made the game very interactive and engaging. It was more beneficial than the traditional bingo game as residents could visually see what was going on in the game this particularly benefited a gentleman who has difficulty hearing.</p> |
| Used by Activity Staff After an activity the Rita was returned to the lounge. One Resident who lives with dementia saw the RITA and immediately told the staff member how much she enjoyed using it. | <p>The Staff member sat with her and the resident took control of the screen, she explained to staff member about the different games and selected snakes and ladders – a game she had played previously on the RITA. She was engrossed and had a very enjoyable time using it.</p> <p>She was visibly much brighter and alert while using the RITA.</p> | <p>There was a very meaningful activity provided and it clearly was very memorable and engaging for her that she was able to recall such details about the programme.</p> <p>The Design and layout of the programme is well thought out and easy to navigate meaning she could feel very comfortable use the RITA by herself.</p> |
| To entertain residents in the lounge. | <p>The care staff put the ABBA singalong on.</p> <p>The residents watched the words intently, Smiled and Sang along during the chorus.</p> | <p>It was very a very cheery and uplifting activity that engaged residents well.</p> |
| To encourage residents to participate in exercise for good health and for falls prevention. | <p>The Carers led a seated exercise class using RITA.</p> <p>They were able to assist and encourage residents while the RITA led the class.</p> | <p>Residents engaged well, followed the moves and were very content while doing so.</p> <p>This was a very beneficial activity. The carers felt comfortable having moves to follow with the residents. The Videos flowed well.</p> |