

## Orchard House Care Home in Wolverhampton digitally enhances quality of life and wellbeing with RITA



We are proud that following our CQC inspection, we are rated as “Good” by CQC.

Orchard House Nursing Home has a well trained and motivated care team dedicated to delivering quality care and promoting independence.

<b>Is RITA being used with individuals, in group sessions or both?</b>	RITA is used for both group and individual sessions. We have some residents who enjoy using it by themselves. We leave them alone in a small area of the lounge so they can please themselves with the content that they wish to watch. Alternatively, we also use RITA to engage everyone in the lounge area with group activities. Even when activities aren't being held we use RITA to play sensory music to create a calming and relaxing atmosphere.
<b>Has RITA improved your residents and families mood and wellbeing?</b>	When music is played via RITA, we definitely see a shift in residents' moods. We play the sensory music which has a soothing and comforting effect. But when music from the 50s, 60s & 70s is played, it often turns into a sing-song amongst everyone which really lifts the mood in the home.
<b>What was the main reason for using RITA?</b>	To occupy residents that are agitated and bored.
<b>Which content on RITA did you use?</b>	We use many functions on RITA...Films, TV clips, Music, Sensory Music, Games and YouTube.  We've started to integrate RITA as part of our daily activities routine. RITA enables us to easy adapt our activities for each residents separate requirements.
<b>How do residents respond to RITA?</b>	Our residents love RITA. They love listening to music, watching film clips and engage well with a range of different activities.
<b>Has 1-1 become more meaningful and improved?</b>	RITA enables staff to conduct more meaningful and person centred 1-1 sessions with our residents. Staff have discovered specific music that the residents enjoy and this always improves their mood.
<b>Has RITA helped to meet the residents needs?</b>	We found RITA really useful when residents are bored and they need stimulating. We even find that our non-communicative residents will engage with RITA which is something we struggle to achieve on our own.

## Carers Feedback

<b>Does RITA help to calm agitated or distressed residents?</b>	Yes, in the recent months with the weather reaching higher temperatures, a lot of our residents become hot and agitated. We play the relaxing music along with songs from their past and this really eases their mood and attitude.
<b>Were there any particular occasions where RITA made a notable difference to a challenging situation?</b>	We have one lady who was wandering around the home. She was generally quite restless and started to grab items off shelves and tables. We tactfully positioned RITA in her eyeline with content that we knew she enjoyed. This distracted her by giving her something else to focus on and prevented the situation from potentially escalating as well as reducing putting herself and others at risk.
<b>Would you benefit from additional RITA systems?</b>	Yes, RITA is a fantastic tool and we would welcome more devices.
<b>Have family been involved in the use of RITA?</b>	We're in the process of setting up the user profiles on RITA for each resident. We really want to keep a strong link between the residents and the relatives and RITA enables us to do this so easily. We're able to upload images & videos and show the family what activities we've been doing within the home. Relatives are then able to comment back and send in any images they wish to too. This is a really good tool to keep the residents' spirits high and allows them to keep the gates of communication open.

