



## Risedale Residential Home

With thanks to North Tyneside CCG for the gratefully received donation of the RITA system, we can further enhance the level of care and support for our residents in our care home setting.

A versatile system that comprises, full length feature films, music, an abundance of activities, Life Story work, group activities plus many more that are already offering meaningful activities to our residents and meeting their demands. Although we have not had our RITA system for very long, we have already 'notched up' 347 hours of usage.



At Risedale, we have a diverse range of residents aged between 53-94 years of age, all with very different demands and challenges. That's why the RITA system is so good as it is 'inclusive' for everyone.

We have been able to reduce our 3-1, 2-1 and 1-1 Care as residents are more stimulated and interested in what RITA can offer. It is used daily, our residents get to choose what they want to do, which increases their self esteem and morale. It calms their mood and changes focus. Where there is 1-1 care, their activities are much more meaningful.

We have learnt so much more about the person and their families which helps us tailor their needs specifically. The coming together in the group sessions improves nutrition and hydration as more cups of tea and snacks are offered.

RITA has also had a positive impact on staff morale feeling satisfied that they have met the resident's needs.

We have detailed below some of the scenarios where RITA has significantly contributed towards supporting the care that we can offer our residents.

Scenario	Action	Outcome
Gentleman resident constantly seeking attention. Can be very vocal if his needs are not met.	We used RITA to offer a distraction which was very effective. We used Wave Music to enable him to sleep and also the movies were a great distraction for him	This immediately settled him. He stopped shouting and disturbing other residents. He became settled and slept well.
Particularly reclusive. Dislike of crowds and would not engage in anything.	We played RITA in the Dining Room. She approached the RITA system and started to use it to search through the music content. She used it all day and remained in the communal area all that time.	This removed the social isolation for her. This is something we have never been able to do with her previously despite our words of encouragement. She was very happy to remain in the communal space with others. It was a great reward to realise such a challenge and see her so content.
New resident that had just been discharged from North Tyneside Hospital	Resident was a little bit unsettled regarding his move to Risedale. When he arrived, his face lit up to RITA in place as he had used this whilst in the hospital.	We were able to demonstrate continuity of care from the Hospital to the Car Home setting. It was instrumental in settling him in to his new environment.
Extremely verbal resident particularly when experiencing 'sun downing'. She became confused and agitated	We played Elvis for her. She started to sing-a-long to the Elvis songs and movies. She was something of an Elvis fan.	It was great to be able to select a particular artist from a specific decade. We were able to immediately meet those needs. It was pleasing to see how settled she became. She was contented and started to sing alone
Female resident with advanced dementia and the associated symptoms.	Played music for her as a means of settling her. She clapped her hands along with the music.	Immediately settled and quite contented with a smile on her face.
Sundowning	Playing the full-length feature films or music. This makes a positive improvement at this time of day.	Residents are much calmer and settled.

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