



Rivermead Residential Home

Rivermead is a medium size care residence located in Bedford housing a maximum of 33 individuals. The care home cares for and supports elderly, specialising in dementia care.

Scenario 1

The setting:

One resident in particular really enjoyed the Horse Racing activity. We sat and looked at the horses and she chose Horse Number 6. Once the race started, she got really excited and was shouting at the screen “come on number 6”

Whilst the race was going on, she was saying “I don’t think it’s going to win as I never win anything”. She engaged really well with this part of RITA and was fixated with the screen and again kept saying “come on number 6”

When the race was nearly over and on the last stretch, she stood up and was just watching the screen to see which horse was going to win.

Horse number 6 did win and she was over the moon and said “well, I never win anything”

The Outcome:

Upon exploration of RITA with this resident, the horse racing activity triggered joyful memory for her. She spoke of how she used to enjoy watching the horse racing and having a small bet. She has never volunteered this information before when staff have compiled her life history with her. Her choice of this activity on RITA and her full engagement with it signposted staff to this and the multiple options and variety of activity for resident. The home is now going to plan a Race Night for the residents, based on the positive outcome of this activity.

Scenario 2

The setting:

One of our male residents who lives with dementia can periodically display negative behaviours such as shouting and pushing our other male residents who might be near him. On one of the occasions when the resident displayed this behaviour, we firstly identified that he did not have an infection or any pain issues at that time. Usual support intervention would include encouraging him to move to a quiet area away from the residents that he was clearly feeling annoyed with and trying to engage him in something relaxing to help calm and distract him. This may involve staff providing 1:1 support for a period of a few hours.

The Outcome:

The staff discussed how using RITA to engage him, in particular the RITA activities specific to him, could reduce behaviours and improve his mood and wellbeing. Staff are exploring this with him using music such as reggae or classical and sports clips to engage him. It has had mixed results so far but has encouraged staff to continue and use RITA as an intervention, both for him and also other residents when they are agitated.

Operations Manager Comments:

“Having RITA to hand as a practical tool to instantly use as a positive behavioural support for residents has helped staff to quickly witness the benefits of RITA as opposed to just suggesting interventions. It also demonstrated how it can potentially reduce the need for unplanned 1:1, by using content that is meaningful for the individual, thus contributing to a reduction in staff workload”



“This will help staff identify valuable life history and biography of residents that traditional life history work has previously not captured.”