



Rosemount Care Home



The RITA systems detailed within this case study has kindly been provided by North Tyneside CCG. It is to help support the wellbeing of our residents and to benefit the elderly and those with cognitive impairment and help improve the overall environment. **We were given 2 RITA packages and whilst we have had these for a short-time we have clocked up 449 hours of use and we can guarantee much more will follow. They have been a tremendous asset for us and helped us reduce falls and minimise the risks.**

Scenario	Action	Outcome
End of Life Resident	The RITA unit was used for 3 days in her room with relaxation music. She had been screaming in pain and was very frightened. Her favourite song was "Somewhere Over the Rainbow". RITA created a calming environment.	The music made a massive difference to both her and the staff. The family commented on how good the RITA unit was, they combined the music with the fish and turtle screens and loved the fact it helped them all through a very difficult time. The music was such a magical experience and beautiful to be shared with the resident and family in this way.
Agitated Resident	This resident was constantly trying to get out of his seat putting himself at risk of falling, He was crawling along the floor causing high levels of distress to himself and everyone around.	RITA was used as a distraction and it instantly calmed him. This resident could not be left alone for his safekeeping and he normally had to be taken on the medication rounds within the Care Home. Since the introduction of RITA and such was the distraction, there is no longer a requirement to do this as he is very settled.

Scenario	Action	Outcome
A new Resident who was anxious and had no belongings	This resident was unsure of using new technology but once it became familiar, she was impressed and very interested in music and puzzles.	It occupied the resident and became a talking point to help build a relationship. Her likes and dislikes were able to be discussed and she opened up about history/background. She was keen to share with the family.
Group and individual sessions	RITA has proven to be very useful for the residents individually and in groups e.g., movie afternoons. It helps calm residents who are anxious or as a distraction tool.	One-to-one support is based on developing personal information and RITA is
Bored Resident	When RITA was introduced, the resident enjoyed playing games, particularly Whack-a-Mole, bring back memories of visits to amusement parks.	It provided positive stimulation including fun, laughter and joy. The resident was very keen to show his family how to play.
Falls Risk	Agitated resident kept trying to get out of chair, putting himself at risk of falling	We played the relaxation music with a coral reef visual and he became settled and relax and hugely reduced his agitation.

