

At Seven Hills we are successfully utilising RITA to implement positive shifts in behaviour, to learn more about our residents and delivering the best care possible.

Seven Hills is a 24-bed nursing dementia home with a 4-bed specialist dementia unit, newly refurbished and sits in the heart of the leafy suburb of Nether Edge, Sheffield. As is common to all the care homes in our group, a welcome and informative approach to relatives and friends are openly practiced so that they can play a role in the care that our staff deliver.

Quality nursing care is given on an individual basis, the high standards that we set ourselves are guaranteed. Our mission is to spread kindness and show people they matter. We do this by allowing people to live in the moment.

*“RITA is absolutely amazing! I wish I had 5!
We have one gentleman who usually stays in his room but has sat at the end of the corridor and is on film number 4. Honestly, I’m so grateful for it, it will definitely be one of the best things for people in care homes. The selection is amazing and it has activity ideas that also prompt staff”*

Qualitative anecdotal feedback

What was the main reason for using RITA?	<ul style="list-style-type: none"> • To alleviate boredom • To bring residents together • 1-1 sessions • For mental stimulation • Reduce agitation • Distract distressed residents • To provide a variety of activities • To calm anxious behaviour • To provide physical stimulation
Have you learnt anything new about your residents?	<ul style="list-style-type: none"> • Their interests, hobbies, favourite films and places they have visited. • RITA provokes the residents’ memories which prompts them to tell us stories about their lives. • The games in RITA remind the residents about different games they would play as a child. • As much as RITA educates us about what our residents <i>do like</i>, it also lets us know what our residents <i>don’t like</i>. This is equally just as important so that we understand certain topics of to possibly avoid with some residents, or alternatively, there might be a film that a resident doesn’t enjoy in case it brings back sad, upsetting or even distressing memories for them. • We have two residents who bonded when participating in a quiz together. The questions prompted them to talk about their lives with each other.
What content have you used within RITA?	<ul style="list-style-type: none"> • Movies • Games • Music • Audio Clips • TV Clips • Puzzles • Chair exercises • Relaxation music/scenery



How did the residents respond?	<ul style="list-style-type: none"> • They were engaged • Interested • Happy • Smiling • Laughing at the comedy clips • The look of Joy on their faces • Calming • The residents interact with each other • They love dancing along with the music • Humming to the music
Did the activities reduce agitation or positively stimulate the residents?	<ul style="list-style-type: none"> • Residents become calm and distracted. They are un-aware of other things happening around them which could potentially lead to agitation or escalated scenarios. • We saw positive results with our residents when we carried out an activity using the games on RITA. We created our own competition which led to the residents' winning awards. • We have one resident who loves a specific film on RITA. When she becomes agitated, I know that this film will reduce the agitation. I ask her if she'd like her favourite film on, to which she always answers "yes". Within minutes, the lady's agitated behaviour reduces and she's back in her happy place with her favourite film. • RITA completely changes the mood and atmosphere with its brilliant music selection.
How has RITA helped to meet the resident's needs?	<ul style="list-style-type: none"> • RITA prevents boredom and encourages the residents to interact with each other. This in turn reduces their social isolation and prompts positive conversation and aids the residents to stimulate each other. They lead the topics of conversation and realise subjects that they have in common. • RITA gives back some of their independence that they sometimes feel they've lost. They can safely search the RITA devices for content that appeals to them, by themselves. • Our residents get more involved in activities when we use RITA. • Without a doubt! RITA brings a lot of happiness and joy to the residents. • RITA positively encourages our residents and staff to be actively involved with each other.

Managers Feedback

Is RITA used with individuals in group sessions, 1-1's or both?	Both, but we use RITA for a lot of group activities. Staff are able to use RITA to easily create different activities and games to stimulate and engage the residents. The music option is really popular.
Has RITA improved your residents and families mood and wellbeing?	Yes, you can clearly see when the residents use RITA that they're more stimulated. They look happy and enjoy the content.
Has 1-1 support become more meaningful and improved?	Yes. Due to the wide selection of activities that RITA contains, we're able to adapt 1-1 sessions with more person centred, relevant content.
Does RITA help to calm agitated or distressed residents?	Yes, we have two ladies who don't enjoy socialising with other residents. Due to the portability of the Baby RITA, we can allow these residents to still enjoy the content in the comfort of their chosen environment.
Were there any particular occasions where RITA made a notable difference to a challenging situation?	Yes, we had one resident who became very aggressive following-on from his personal care. The staff took quickly to try and diffuse the situation. The resident had previously displayed an interest in RITA so the staff were able to quickly identify what he enjoys the watch. The staff were able to settle the resident in the lounge and put on a western film that he thoroughly enjoyed.
Would you benefit from additional RITA systems to help you further enhance care and your quality of life?	Definitely. All care homes would benefit from having RITA as part of their care delivery.

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