

## RITA reduces incidents of self-harm, social isolation and thoughts of wanting to die at Victoria Court Nursing Home in Wolverhampton

Victoria Court is a nursing home providing accommodation, care, rehabilitation and resettlement for 8 people aged between 16-65 who have learning difficulties and mental health needs. Victoria Court also provides 3 step down placements for people requiring short stay support.

Following a generous investment by Wolverhampton City Council and Wolverhampton CCG, Victoria Court were one of 68 care homes in Wolverhampton to receive RITA technology.

This case study has been produced just one month in to using RITA and the outcomes documented below demonstrate quite clearly that appropriate distraction and meaningful activity has a remarkable impact.

RITA has already contributed to a reduction in safeguarding incidents, increases in nutrition and hydration rates and enhanced the quality of life and wellbeing of residents and staff.

### Managers Feedback:

Question	Answer
Is RITA being used with individuals, in group sessions or both?	RITA is predominately being used on an individual basis, such as to listen to music and watch films and TV programmes.
Has RITA improved your resident's mood and wellbeing?	Individual customers are finding the RITA beneficial when feeling low in mood or bored and it provides good relaxation.
Has RITA helped reduce resident on resident incidents?	RITA has helped reduce resident on resident incidents by helping with the management of mood and behaviour.
Has 1-1 support become more meaningful and improved	RITA has been used alongside 1-1 time and has been constructive  The 1-1 support has become more meaningful and improved as it has been good to discuss and share things.
Has there been a reduction in sundowning?	There has been a reduction in sundowning as customers are engaging with the RITA devices and are enabling better sleep patterns
Has there been an improvement in nutrition and hydration?	Customers are also encouraged with the eating and are drinking better with the support of RITA.
Were there any occasions where RITA made a notable difference to a challenging situation?	A customer wanted to watch an old film that we couldn't find, we found it on the RITA device and this improved his mood and behaviour.  Another customer has been using RITA for relaxation purposes, as they can feel their mental health fluctuates daily/ This has helped them to cope with things better.

## Carers Feedback:

Scenario	Action	Outcome
Resident wanting to self-harm. Feeling low in mood	Music	<p>Listening to Elvis Presley caused resident to talk about her first family outing to a bonfire and when fireworks were set off Elvis was played.</p> <p>Used as distraction technique, no self-harm, spent hours 4-5 hours finding new songs and similar artists and was talking with staff.</p> <p>Reduced thoughts of harming self, reducing the thoughts of wanting to die.</p>
Resident constantly knocking office door for small issues and creating issues due to anxiety over immediate move to independence. Resident has autism and showing anxiety	Arcade games, pig racing and whack a mole	<p>Resident expressed through conversation that he had thoughts of dread of the move and wanted to spend time with the staff before he left and was making up excuses to talk to staff.</p> <p>Enjoyed 1-1 with staff and began talking through fears and gained the assurance that he needed.</p> <p>Began 1-1 and then involved other residents in his choices.</p>
Resident isolating in his room drinking alcohol	Film/movie	<p>Was shown movies and sat and watched wizard of Oz in communal activity room.</p> <p>Reduced isolation and increased contact with others in same location and it reduced alcohol consumption as out of room.</p>
Resident didn't want to eat and stated she wanted to die from no food – auditory hallucinations would let her eat	Music	<p>Found out about past partners and pregnancy.</p> <p>Resident sat with two staff, found reggae music to which encouraged resident to get up and dance after a few songs and she wanted to make Jamaican stew and ate.</p> <p>Eased thoughts of wanting to die and ate food despite not being able to previously, engaged with staff.</p>

