

Chelmunds Court

Mental Health and Wellbeing

One of our residents, who has schizophrenia, needs to be kept highly stimulated otherwise he will have 'outbursts' if he is left and becomes bored. RITA is used to support him as he loves to independently choose music to listen to. He has had no falls since being enrolled on the RITA project and has displayed no signs of deterioration in his medical condition.

Another resident has schizophrenia and can be abrupt with staff at times. Since enrolling her onto the RITA Project, she has a more friendly approach in her communication with staff and feels the RITA system improves her quality of life because it gives her something else to focus on.

We have 6 residents who all suffer with mental health issues and they all have behaviours that challenge. In all instances, they love the music section of RITA which helps create a calming atmosphere. RITA has been trialled on these 6 residents this month and they have all displayed positive outcomes. The residents are all communicating in a calmer and more effective way, hence promoting a happier disposition.

Safeguarding

We had a scenario with two ladies where initially, they were just chatting. This then started to escalate where they began to shout at each other. It quickly escalated further and they started to physically hit each other. With an aim to stop the confrontation as quickly and safely as possible, RITA was brought in to assist. One of the ladies enjoys the relaxation music on RITA and it tends to calm any anxieties that she experiences. The same resident also tends to have a short attention span and she can become bored very quickly and very easily. The resident will include herself in group exercises and display a positive attitude after using the RITA system and does not proceed to display anxieties or signs of challenging behaviour as she has been kept occupied. This enhances the environment and allows the resident to maintain a calm attitude.

Challenging Behaviours

We have a resident who regularly lashes out and becomes physically aggressive with staff during his personal care. RITA was brought in as a distraction tool, specifically the moving images activity. This was successful in distracting the resident for long enough that the staff were able to continue with their delivery of care in a safe manner, as well as creating a calmer and more relaxed atmosphere. The resident was able to be washed and dressed without any staff being attacked. The staff also played the relaxing music during the delivery of care which the resident thoroughly enjoyed and again, switched the experience into a more pleasant, calming situation and prevented a distressing situation for the resident.

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Mental Stimulation

To prevent residents from becoming bored from the same routine, we have introduced RITA as an entertainment tool. A certain resident has days whereby he can display challenging behaviour, particularly if he's bored and frustrated with the same routine. This resident refuses to go to bed and although RITA has not changed this scenario, he is happier in his surroundings and is not lashing out at staff. He loves listening to music, particularly Elvis. When Elvis is played, he acts with a much more positive attitude, he laughs with staff and appears to love his environment hence promoting a better quality of life. He always appears to be comfortable and happy in his environment when RITA is being used.

Social Interaction

We have one lady who enjoys using RITA for social interaction during group activities. In previous months, she was showing signs of aggression and agitation with staff and other residents. Since using RITA and participating in the activities, she appears much happier and less frustrated.

Chelmunds has embedded using the relaxing music at mealtimes which promotes a calmer and more peaceful environment. One particular resident is known to shout and it is part of his behaviours to be verbally aggressive. RITA was introduced to this resident as he was shouting loudly at the top of his voice. The Pig Racing activity was presented to the resident and his mood switched. He started to display signs of joyfulness and was talking with the staff, using a calm tone. He proceeded to engage with the activity whilst being happy and laughing with the staff and contributing to constructive conversation. This resident is usually awake in the night, shouting and being disruptive to other residents; thus, infringing on their sleep patterns. But that night, the resident in question slept well and no shouting was reported.

End of Life

Chelmunds promotes the RITA system by using 'her' with the residents that are palliative, those that are isolated due to preference or illness and those residents that are requiring more support for various reasons. We have two residents that are on end-of-life pathways and staff utilise RITA in their rooms to create a calming and relaxing ambience. The environment is therapeutic and the residents always give a small smile of appreciation when the relaxing music is being played.



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