



Elm Villa is a care home providing accommodation and personal care for up to 10 people aged 65 years or over. Residents receive a good service at Elm Villa with a high standard of care.

Residents relate well to and have positive relationships with staff and are encouraged to make choices and their decisions are respected by staff. Opportunities to be positively occupied are available to suit people's needs and preferences. Residents' spiritual and Welsh cultural needs are acknowledged and supported.

Question	Answer
Has the RITA system in your opinion improved the mental health and wellbeing since the RITA system has been introduced?	Yes
Has the RITA system created a calmer environment and improved wellbeing?	Much better - We find that when we play the relaxation music in the mornings at breakfast it creates a calming atmosphere and residents enjoy listening to the music whilst they are having their breakfast
Has RITA improved residents engaging in group work activity resulting in greater stimulation & confidence?	Extremely effective - Residents love the group activities and get very excited and competitive but in a good way. Pig Racing and Horse Racing loved by everyone. Great fun. Quizzes - everyone gets involved including staff. They have enjoyed the snakes and ladders and coconut shy. It's great fun. They love the activities and quizzes and because they are engaged and enjoying the moment, they seem less anxious and bored.
Has engagement and interaction with family members and friends improved since using RITA by residents?	Better - We hear Residents telling their families about the group activities especially and how much fun they had. It gives Residents something to chat about with their families and its lovely to hear them recall how much fun they had
Has RITA system Improved mental health and stimulation after residents have returned from hospital/medical treatment and aided their recovery?	Very effective - We have found that using the Rita on a one-to-one basis in a Residents bedroom to be very rewarding. Residents who are on end of life and spending more time in bed and have enjoyed the calming music and have engaged in conversation with staff about their own memories
Have you seen an improvement in food and fluid intake by residents using the RITA system?	Yes - We find that the music at mealtimes stimulates conversation and we see residents enjoying the music. We find that Residents love the calming music. We tend to put this on at mealtimes. It stirs up memories which they talk to each other about. Appetite is improved.

“Very valuable to the home. We find it really great. Great fun but also very useful for residents in their own rooms for word searches and puzzles.”