

Lyndon Croft

Hospital Admission Prevention

RITA has aided our residents to be able to participate in daily activities, whether it is group activities or a single person activity. We have found that residents fully engage their attention to RITA when they're interacting with it, which allows them to keep their focus on the activity in hand as well as also keeping them more alert. Due to the residents fully absorbing the RITA experience, it leads to hospital admission & readmission prevention.

Food and Fluid Intake

During mealtimes, gentle music is being played, quietly in the background of the dining room. Whilst the residents are sat at the table waiting for their meals to be served, we have found that the sensory music benefits our residents to remain sat at the table and avert them from attempting to wander off. The residents will happily wait for their meals to be served whilst enjoying the music and chatting amongst themselves. As well as encouraging healthier nutrition and hydration patterns, it also becomes more of a social event too as the residents interact with each other more positively.

Mental Health and Wellbeing

The residents who have engaged with RITA, have definitely been more alert and happier within themselves. As time has progressed, the residents have engaged in more and more activities that RITA has to offer...providing endless stimulation and a fully immersive experience. The sensory music really assists residents to feel more relaxed and at ease.

Some of the benefits we have seen to mental health and wellbeing are...better sleep patterns, happier residents, improved moods and wellbeing, residents appear more stimulated and involved, better communication, improved motivation and more focused.

Environment and Social Engagement

Staff have supported residents in groups and carried out group activities.... Music and Movement, Sing-Alongs, Movie Afternoons and Basic Quizzes.

There are some residents who choose to reside in their bedrooms and therefore don't have direct access to the RITA system. In order for them to also enjoy and benefits of RITA, 1-1 activities are offered to them with the support of staff.

Challenging Behaviours

We have some residents who, from time to time, will express agitated and distressing behaviour. These scenarios can be very upsetting for the residents, and staff need to be able to diffuse the situation as quickly as possible so that the situation doesn't escalate any further but whilst also ensuring the safety of the resident and others around them. We have found that by using the gentle music on RITA, it aids to calm and relax the residents' mindset and helps to distract their attention from these challenging episodes.