



“One of our Dementia Companions sent me this feedback today – their first contact using RITA with a patient. It’s such a lovely story.”

So, this morning I used RITA for the first time with a patient.

The patient is living with Dementia. I noticed that she had a very low mood today and was particularly confused and kept focusing on what day it was and getting agitated and annoyed with herself when she had to ask me again. Staff said she wouldn’t eat her breakfast this morning.

I explained what RITA was and she was a bit dubious but interested. First, we took a selfie and turned it into a jigsaw puzzle. This got plenty of laughs and smiles and a telling off for me for not combing her hair the way she usually has it. So, I helped her fix her hair the way she likes it.

We then tried a quiz and we were both hopeless at it but had a good laugh.

Then we had a quick go at a word search which allowed her to use the touchscreen herself for the first time. She soon got the hang of it and was enjoying being able to ‘swoosh’ the screen.

But then we went to the relaxation music and imagery. She absolutely loved them. Especially the sea and waterfall. She said she used to love sitting at the beach with fish and chips and it reminded her of very happy times. And the clip of the burning fire logs led to her telling me that she used to have a lovely open fire growing up and what her mum cooked on it. (Soda bread was the favourite).

And she was smiling as she said **“See, all those memories I have in here somewhere and it’s just finding them”** while she tapped her head.

I left a relaxation clip on and she watched it while she ate her lunch as she told me it made her feel relaxed as it was a beautiful scene.

After lunch, we went into the reminisce section and watched clips of the past. Old holidays, ice cream vans, etc. She went from a 😞 at the start when selecting her mood to a 😊 and said she was more than happy.

Afterwards she seemed more like her chirpy self and had a massive smile on her face. She said she’d like to use it again but only with me as she wouldn’t know what to do. 😊

*“See, all those memories I have in here somewhere and it’s just finding them”*