



Pen-Y-Garth provides exceptional 24-hour personal and dementia care for up to 44 residents. Maintaining independence where possible, whilst providing opportunities for residents to be involved with their community and surroundings, are common themes at Pen-Y-Garth. These values are reflected heavily in the care we deliver, the wide range of activities and events we provide and the environment we maintain.

Staff feedback April 22:

Since having the RITA, we have seen an improvement in residents becoming more independent. Alison can set up any app and the resident can take over, either through playing games or colouring in to watching the Aquarium or making their own gardens. Alison has paired the PAL with the RITA, so every resident has an individual programme especially for them, this has also been integrated in to each person-centred care plan. One gentleman wouldn't participate in any activities, both group and 1-1. Alison found out that he had a love for fishing, so she downloaded some fishing apps and are now available for him to access and use independently. Since we introduced our smart TV, we now deliver all our exercise and game activities through them, making this much easier for all the residents to see and join in. Immobile residents hugely benefit from the relaxation apps with the different wallpapers which they enjoy, easing any anxieties and also one lady enjoys watching lots of movies. Personally, I feel it is very warming to walk into the communal areas and see all the residents taking part in group activities and it is evident from the smiles on their faces.

External health professionals and visiting families have also commented on how lovely it is to see everyone engaging in activity with a purpose, and seeing residents help others with activities. This equipment has given residents a sense of purpose and self-worth.

Many thanks,

Michele, Elissa, Alison, and Taylor

“This is a fabulous piece of equipment which provides activity for any ability, independency and with support. There is something on the RITA for everyone”

Manager's feedback:

Question	Answer
How often is RITA used?	Every day
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 - 100% it has from a person centred care, gives positive interest around meal times helping with their nutrition and hydration, less boredom, families become involved and learn more about their loved ones
Have incidences of challenging behaviours reduced since RITA was introduced?	Yes, because Residents are more involved, and residents who are less able with Mobility we have seen reduced behaviours because they too become involved in group exercises and removing social isolation, the Armchair exercises help with overall Health and Wellbeing.
Has RITA improved residents engaging in group work activity resulting in greater stimulation & confidence?	Extremely effective - Helps with Confidence and trust and social interaction.
Has engagement and interaction with family members and friends improved since using RITA by residents?	Much better.
Have incidences of falls decreased since the introduction of RITA?	Yes, our falls Analysis clearly identifies this. This is reflected in our Data Analysis which is assessed monthly
Has RITA system Improved mental health and stimulation after residents have returned from hospital/medical treatment and aided their recovery?	Very effective. Improving stimulation and promoting exercises whereas they may have been sat in a bed or chair for a long period in hospital.
Has the RITA system in your opinion improved the prevention in hospital admission that could have been avoided?	Yes, minimised falls and the potential admission after a fall.
Has RITA system Improved mental health and stimulation after residents have returned from hospital/medical treatment and aided their recovery?	Extremely effective, they have been able to engage in activity after spending time in bed in a hospital environment.
Have you seen an improvement in food and fluid intake by residents using the RITA system?	Yes, meal times more enjoyable, after taking part in activities, which improves appetite when we are less anxious.

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Pen-Y-Garth

We have had the RITA in place in Pen-Y-Garth for some time now, it is clear to see that it is enjoyed by all during one-to-one activities along with group activities. It is refreshing to see those engage in activities and with others who do not normally. The RITA puts a smile on everyone's faces and we often hear huge cheers and lots of laughing coming from the communal areas of the home when it is being used.

Visiting professionals and family members have commented in the past about the residents being alert and engaging which has improved their personal visits and the response they get from their loved one during the visit.

From a care perspective, there have been marked improvements on different aspects of care that are overseen by analysis such as falls, medication and mental health / presentation. Since the RITA has been in place, we have seen a marked improvement in the falls data analysis, residents are now completely occupied, stimulated and settled during the day which has decreased the amount of residents who 'wander with purpose', we have been able to change the personal falls risk assessments to reflect these changes and implement the information into the care plan of how to ensure the resident is settled and how to minimise anxieties by using the RITA.

Residents have had their anti-psychotic medication reviewed and we are very pleased that this medication is now used minimally in the home with very little people currently prescribed any sort of anti-psychotic medication.

The RITA has been used to successfully minimise anxieties and agitation which has resulted in de-escalation of potential problems in the environment and given staff the knowledge and confidence to use the RITA for residents who struggle with presentation due to their mental health diagnosis.

It is lovely to also see those residents use the RITA who are unable to access the communal areas due to mobility and illness, to see them enjoying the relaxation apps and music and engaging in sensory activity giving them a sense of purpose and fulfilment.

Overall, we would recommend the RITA to any health and social care setting in the country, this is a fantastic piece of equipment which suits every person we support due to the person-centred profiles and the wide variety of available apps.

The RITA has improved quality of life, mental health, and wellbeing especially during the pandemic where residents have been unable to see their loved ones for so long, potentially putting them at risk of decline in mental health and wellbeing.

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