



RITA outcomes reported by Care Homes Staffordshire County Council

In June 2021 Staffordshire County Council generously invested in a pilot of RITA for 36 care homes across the region. The following summary of outcomes has been produced following receipt of survey feedback received since the introduction of RITA. 64% (23 of the 36) care homes responded to the survey. These survey results were received in **August 2023**.

[Click on the image to open an expanded view of the table \(Internet required\)](#)

| STAFFORDSHIRE RITA OUTCOMES AUGUST 2023 | How often is your RITA system used? | Has the RITA system created a calmer environment & improved mental health and wellbeing? | Has residents engaging in group work actively resulted in greater stimulation and confidence? | Have you seen an improvement in food and fluid intake by residents using RITA? | Has the amount of challenging behaviours reduced since RITA was introduced? | Has RITA helped to reduce safeguarding incidents? | If applicable has RITA helped improve mental health and stimulation on return from hospital? | Has RITA helped to reduce incidents of falls / improved falls management? |
|---|--|---|--|---|--|---|---|---|
| Manor House | Every Day | Yes | Very Effective | No | Yes | N/A | Some what Effective | Yes |
| Bonehill Lodge | Every Day | Yes | Very Effective | Yes | Yes | N/A | Yes | Yes |
| Barrow Hill Hall | Every Day | Yes | Very Effective | No | Yes | Yes | Extremely Effective | No |
| Brookside | Every Day | Yes | Extremely Effective | Yes | Yes | Yes | Yes | Yes |
| Bracken House | Every Day | Yes | Very Effective | No | Yes | No | Very Effective | Stayed the same |
| Meadowrythe | Every Day/Night | Yes | Very Effective | No | Yes | No | Very Effective | Stayed the same |
| Weston House | Every Day | Yes | Extremely Effective | Yes | N/A | N/A | Some what Effective | Stayed the Same |
| The Shrubbery | Every Day/Night | Yes | Somewhat Effective | N/A | N/A | N/A | N/A | Stayed the Same |
| Charlotte James | Every Day | Yes | Extremely Effective | No | Yes | Yes | Very Effective | Stayed the Same |
| Old Rectory | Every Day | Yes | Extremely Effective | Yes | Yes | Yes | Extremely Effective | Yes |
| The Old Vicarage | Every Day | Yes | Extremely Effective | Yes | Yes | N/A | Very Effective | Yes |
| Abbey Court | Every Day | Yes | Effective | No | No | No | No | No |
| Samuel Hobson | Every Day | Yes | Extremely Effective | Yes | Yes | N/A | Very Effective | Yes |
| Ash Hall | Every Day | Yes | Extremely Effective | Yes | No | Yes | Yes | Yes |
| Essington Manor | Every Day | Yes | Effective | Yes | Yes | N/A | Effective | Yes |
| Summerfield | Every Day | Yes | Very Effective | N/A | N/A | No | Very Effective | Stayed the Same |
| Windsor House | Every Day | Yes | Very Effective | Yes | N/A | No | N/A | N/A |
| Ashview | Every Day | Yes | Not so effective | N/A | Yes | N/A | Effective | Stayed the Same |
| Agnes and Arthur | Every Day | Yes | Very effective | N/A | Yes | Yes | Effective | Yes |
| Meadowfields | Every Day | Yes | Extremely Effective | Yes | Yes | N/A | Extremely Effective | No |
| Carden Bank | Every Day | Yes | Extremely Effective | Yes | Yes | N/A | No | Yes |
| Gingercroft | Every Day | Yes | Extremely Effective | Yes | No | Yes | Yes | Yes |
| Limewood | Every Day | Yes | Extremely Effective | N/A | Yes | N/A | Very effective | Stayed the same |

- 100% of respondents stated that they use RITA every day or more.
- 100% of respondents stated that RITA had improved mental health and wellbeing.
- 83% of respondents stated that RITA is very effective or extremely effective at increasing the number of residents engaging in group work, actively resulting in greater stimulation and confidence.
- 83% of respondents stated that RITA improved mental health and stimulation when returning from hospital.
- 70% of respondents stated that the number of challenging behaviours had reduced.
- 61% of respondents stated that there is better or much better engagement and interaction with family members since using RITA.
- 52% of respondents stated that they have seen an improvement in food and fluid intake by residents using RITA.
- 48% of respondents stated that RITA had reduced incidents of and improved the management of Falls.
- 43% of respondents stated that the requirement for 1-1 had reduced.
- 30% of respondents stated that RITA has helped to reduce safeguarding incidents.
- 13% of respondents stated that RITA had enabled them to take residents that would previously have been declined.
- 13% of respondents stated that medications, PRN's (sleeping pills/anti-psych) reduced.

"RITA has most definitely given our residents more confidence when exploring and engaging in a new form of activity."

Essington Manor Care Home

We do the quiz often and we all really enjoy it; it sparks conversations and debate but most of all brings back memories.

Most of the time when we do the quizzes we have drinks, cakes and biscuits and our poor eaters enjoy these treats with everyone else because of the distraction.

Challenging behaviours have decreased very much because RITA will calm our residents down. We will do a 1-1 with them playing the music or movies.

When residents return from hospital the RITA is taken to their rooms and 1-1 activity with them helps to reduce isolation.

Our falls have reduced due to residents sitting down doing their regular quizzes.

We have only just totally opened our doors to visitors so haven't really used RITA with families as yet.

Brookside Residential Care Home

RITA has most definitely given our residents more confidence when exploring and engaging in a new form of activity.

Residents have been greatly stimulated especially whilst enjoying the numerous games, quizzes, armchair exercise sessions that RITA offers.

Food/Fluid improvement, I believe this is because residents are more settled and relaxed whilst engaged with RITA.

We have most definitely seen an improvement when our residents engage with RITA. They are completely distracted and involved which reduces the triggers leading to challenging behaviours.

It has significantly reduced the number of falls.

Often residents returning from hospital can be withdrawn. RITA gives them a focus.

Falls have most definitely improved; we had a gentleman who was constantly trying to stand and subsequently having regular falls. RITA has distracted him from standing and falling so frequently. His family have commented on the improvement.

We are EMI so we would accept such service users anyway. However, RITA definitely helped them settle in more quickly.

RITA has such a variety of activities and interests to offer all of our residents it has been so easy to introduce the system to them.

Manor House

They all enjoy the games.

Yes this helps with challenging behaviours.

Meadowrythe

There have been times when the residents have played bingo that has involved several residents at a time, therefore encouraging them to engage with others.

Falls have drastically dropped!

"Residents are definitely more engaged, and it has been really good watching them interacting together. The competitive streak comes out!!!"

Bonehill Lodge

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| It has provided stimulation, exercises, fun and games. Lots of laughter. |
| All the residents ask where RITA is if she isn't visible. Residents love her and she keeps them occupied. |
| We do group activities, and they have drinks when they start and during the breaks. They drink and have snacks which they wouldn't normally have. |
| We use RITA proactively for challenging behaviours to minimise them. |
| We use RITA with 1-1 support when not participating in the group activities and find RITA really helpful for this to help conversations. |

Barrow Hill Hall

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| The residents love being competitive and playing games against each other. |
| Challenging behaviours have reduced because when RITA is used as a distraction technique the residents engage and forget agitation. |
| Less safeguarding incidents as residents are calmer and distracted. |
| Residents are less sleepy and engaging more. |
| Less use of Meds due to more stimulating activities in the day so sleeping better at night. |

Weston House

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| Residents enjoy the simple games on there and help each other interacting. They also like watching some of the films. |
| When watching a film on RITA they are relaxed and enjoy a nice snack and a drink. |
| Residents like the RITA, as it can be easily moved to different areas. |
| There are several nice bits of relaxing music and also relaxing activities. |
| Sometimes residents are more relaxed depending on what activities they are doing. |
| We love the fact that RITA is so compact and easy to move into different areas and also the activities on there are very good. |

Old Rectory

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| Residents appear happier and more content. |
| Just seems so natural to watch/ listen to something whilst having a drink helping people to eat and drink more. |
| Incidents of challenging behaviours, we have had none for a very long time. |
| Reduced safeguarding incidents, nothing for a very long time. |
| Residents seem happier and more content, improved mental health/stimulation after return from Hospital. |
| Minimal falls noted. |
| It's been fantastic for those residents who are bed bound. |

"We love the fact that RITA is so compact and easy to move into different areas and also the activities on there are very good."

Samuel Hobson House

Residents and staff enjoy afternoon relaxation sessions.

RITA has supported residents' mental health when returning from hospital. When they are in their rooms they can have 1-1 time with staff.

Falls have reduced.

Abbey Court

Some residents do engage in activities on RITA making it easier to manage their behaviours.

Families will join in with RITA and show interest in it.

The Old Vicarage

Our residents love the quizzes, they become very competitive with each other and themselves.

Residents that walk with purpose are now taking part in group and 1-1 activities which reduces challenging behaviours.

RITA has helped to reduce falls because residents prone to walking with a purpose are more engaged.

Families who normally just come and sit will now take part in activities which makes their visit more meaningful.

Agnes and Arthur

We are currently using bingo on RITA; it is one of our resident's favourite games.

The RITA has been used for residents who can become agitated and is offered as 1-1 support with a carer or to use as a film, it is very effective.

Ash Hall Nursing Home

Residents can get very agitated but as soon as RITA is used with them they calm.

Having resources on RITA that you can tailor to them is very effective.

RITA reduces boredom and helps to distract.

Quizzes are a good distraction.

Helps keep people that have difficulty moving around safe with distraction.

Families sit with relatives and sing.

"All the residents ask where RITA is if she isn't visible. Residents love her and she keeps them occupied."

Ashview

In one service, challenging behaviour has been reduced as he loves spending time with the RITA.

One resident was very pleased to have the RITA while in bed and was enjoying the songs.

Those residents that enjoy RITA always look forward to it.

Meadowfields

We connect both of the devices to our big screens and use them for quizzes, bingo and sing along which is very effective.

RITA is used as a distraction tool for challenging behaviour.

RITA is good for staff as it gives them a sense of purpose when they are engaging with residents.

All the residents have access to the RITA system in their rooms.

Films are used when families are visiting to help with conversations.

Carden Bank

RITA is used with non-communicative residents, and they respond very well to it.

RITA is normally used for 1-1 support with residents, but some music is used for multiple residents.

Used during mealtimes, it creates a positive dining experience with more targeted music that is relevant to the residents.

Escalated behaviours can be diverted and distracted.

Residents can be distracted from walking with purpose.

1-1 support is enhanced with all of the resources available on RITA.

Gingercroft

Residents talk and engage more in groups which helps with eating and drinking too. More engagement between residents.

1-1 support is definitely better as it engages residents about relevant topics and helps staff.

Reduces boredom, helps to distract.

Helps to keep residents that can't move, safe. Stops inappropriate walking.

Families sit with relatives and sing.

"The RITA has been used for residents who can become agitated and is offered as 1-1 support with a carer or to use as a film, it is very effective."