

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. 58% (21 of the 36) care homes responded to the survey. These survey results were received in January 2022.

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

| STAFFORDSHIRE RITA OUTCOMES January 2023 | How often is your RITA system used? | Has RITA improved MH and wellbeing? | Has RITA improved residents engaging in group activities? | Have you seen food and fluid intake improvements? | Has challenging behaviour decreased? | If applicable has RITA helped improve mental health and stimulation on return from hospital? | Have falls decreased since RITA introduced? | Has RITA improved your falls management? | Has RITA improved prevention of hospital admissions? | Has 1-1 requirements reduced since RITA wa introduced? |
|---|--|--|---|---|---|---|--|---|--|--|
| Estington Manor Care Home | Every Day | Yes | Yes | Yes - big improvement | No | Yes - enjoy RITA | Yes - mainly! | Yes | Yes | Yes |
| Charlotte James Care Home | Every Day | Yes | Yes | No | No | Very effective | Stayed the Same | Yes - busy & distracted | Stayed the same | Yes |
| Ashview House | All Day Every Day | Yes | Health needs prevent | No | No | No | Yes | Yes - reducing walking | Stayed the same | No |
| Summerfield Care Home | Every other day | Yes | Yes | Haven't noticed | No | Yes - enjoy RITA | Stayed the Same | Not yet | No | Yes |
| Weston House | Every other day | Yes | Yes | No | Yes | Yes - isolated residents | Stayed the Same | Yes - distraction | No | Yes |
| Springbank Nursing Home | Every Day | Yes | Yes | No | Yes | Yes | Yes | Yes | Potentially | Yes |
| Rowley Care Ltd | Every Day | Yes | Yes | Yes | N/A | Yes | Yes especially Dementia | Yes | Yes | N/A |
| Bonehill Lodge Residential Home | Every Day | Yes | Yes * | Yes | No | Yes | Stayed the Same | N/A | Stayed the same | No |
| The Old Vicarage | Every Day | Yes | Yes | Yes * | Yes | Yes - dementia res | Stayed the Same | Not noticeable | Stayed the same | Yes |
| Nexus Care - Bracken House | Every Day | Yes | Yes | No | Minimal occurrences | Yes | Yes - Marked decrease* | Yes | Stayed the same | Yes |
| Nexus Care - Meadowrythe | Every Day | Yes | Yes | No | Minimal occurrences | Yes | Yes - Marked decrease | Yes | Stayed the same | Yes |
| Gingercroft Rest Home | Every other day | Yes | Yes | No | Yes | Yes | Yes * | Yes | No | Yes |
| Samuel Hobson House | Every Day | Yes | Yes - increased | Yes * | Yes * | Yes | Yes - 60% decrease | Yes | Stayed the same | Not required |
| Brookside Residential Care Home | Every other day | Yes | Yes | No | Yes * | N/A | Stayed the Same | N/A | N/A - EOL | Yes |
| Rock Cottage | With activities | Yes | Yes | Yes * | Yes | Yes | Stayed the Same | Stayed the same | No | Yes |
| Copperdown | Every Day | Yes | Yes | No | Yes | N/A | Yes | Yes * | Yes | No |
| Carden Bank Care Home | Every other day | Yes | Yes | Haven't noticed | No | Yes | No (due to infections) | Stayed the same | No (infections) | Not required |
| Old Rectory Care Home | Every Day | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| The Shrubbery Rest Home | Every Day | Yes | Yes | No | Yes | Yes | Yes | Yes | No | Yes |
| Himley Mill Care Home | Every other day | Yes | Yes | No | Yes | Yes | Stayed the Same | Yes | No | Yes |
| Waters Edge | Every other day | Yes | Yes | No | Not yet | Yes | Yes | Yes | No | Yes |

- 100% of respondents stated that RITA had improved mental health and wellbeing.
- 95% 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.
- 86% of respondents stated that RITA improved mental health and stimulation when returning from hospital.
- 71% of respondents stated that RITA had reduced incidents of and improved the management of Falls.
- 71% of respondents stated that the requirement for 1-1 had reduced.
- 61% of respondents stated that they use RITA every day or more.
- 52% of respondents stated that the number of challenging behaviours had reduced.
- 42% of respondents stated that there is better or much better engagement and interaction with family members since using RITA.
- 33% of respondents stated that they have seen an improvement in food and fluid intake by residents using RITA.
- 14% of respondents stated that medications, PRN's (sleeping pills/anti-psych) reduced.

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Essington Manor Care Home

Residents eat and drink while activities are happening without noticing they are doing so. Helping prevent hospitalisation due to dehydration or food issues. We can prevent and identify wandering behaviours and settle residents.

Charlotte James Care Home

Helped with times when residents are bored, kept residents stimulated, especially the games.

Summerfield Care Home

Residents that normally wouldn't get involved in group activities have been involved. Residents have really enjoyed using RITA

Weston House

A valuable tool for many residents and families are made aware of it when they are considering the home for a loved one. Great distraction and diversion option particularly for anxious or restless residents.

Springbank Nursing Home

RITA has generated a lot of conversation and lots of giggles. Great for isolating residents in their rooms, particularly residents nursed in their beds.

Rowley Care Ltd

The RITA system is a great tool. Residents engage with RITA and eat all their meals and drink their fluids. Residents that constantly walk have been more settled and engaged with RITA.

Bonehill Lodge Residential Home

It has improved their sense of independence, providing them with a sense of purpose, they choose what they want to do talk to each other and use their skills which is definitely improves their MH. They eat and drink while it's on.

The Old Vicarage

Residents have formed alliances and sit and eat together now. It has calmed residents that walk with purpose - relaxation music has made mealtimes more relaxed. Stimulating and engaging particularly for dementia residents but there is SOMETHING FOR EVERYONE!

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Nexus Care - Bracken House

A marked decrease in falls since the launch of RITA. Residents are supported to utilise RITA and on occasion when supervision isn't achievable (overnight, early morning) this appears to have had a positive impact on falls during these times.

Nexus Care - Meadowrythe

Falls have decreased during times when 1:1 supervision can't be achieved due to staffing levels. This can be observed more overnight and early morning. RITA is used for group and individual interactions.

Gingercroft Rest Home

Really helps a lady who can be unsettled 1 or 2 times a week, at times of being unsettled it may result in a fall, the music helps to keep her calm and to avoid the fall. Keeps all residents more active and interested and keeps their attention.

Samuel Hobson House

2 falls this month, previous months have been above 5. RITA is used in rooms when residents are isolating. Recent weight order was very good, and residents are engaged in more group activities because of RITA. Unsettled residents can be settled more easily.

Brookside Residential Care Home

Group activities have been very successful in building relationships between residents that would not normally mix. Residents still require 1:1 supervision but staff can join in games and have more meaningful interactions with the most vulnerable residents. Group games are fantastic and lots of laughter.

Rock Cottage

Only had RITA a month. Already seen a big impact. The residents love RITA. One lady watched her favourite film and enjoyed and accepted her fluids. Thank you for RITA.

Copperdown

Thank you for the system it has been an asset to the home. We have a client that has anxiety and suicidal tendencies, and he has been much more settled with RITA. Has helped to reduce anxiety with multiple residents. Send Christmas cards, an exercise enjoyed by both residents and families.

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Carden Bank Care Home

For residents that have been agitated, RITA has helped with distraction.

Old Rectory Care Home

We have noticed a reduction in falls. Residents are engaged and interested in what is going on. It's helped to reduced sundowning and walking with purpose while agitated. Residents seem happier and they chat and engage with one another. RITA is a fantastic system and a real credit to our home.

The Shrubbery Rest Home

Falls in communal areas have decreased. More residents are socialising with others that they have never had much to do with before. Residents are easier to distract or keep busy as boredom has decreased.

Himley Mill Care Home

Residents are calmer and more likely to remain seated when better occupied with something appropriate rather than wandering. Residents returning from hospital are currently required to complete a period of isolation and RITA takes the boredom, monotony and loneliness out of that period.

Waters Edge

Works extremely well with residents that have to isolate, reduces agitation. Had a resident that was high risk of falls when came from hospital and had to isolate, she had no belongings and loved RITA as there was so much for her to do - she didn't have a fall during isolation with the support of RITA. It is very effective at stimulating residents and give them something new that they enjoy.

"Residents have formed alliances and sit and eat together now. It has calmed residents that walk with purpose - relaxation music has made mealtimes more relaxed. Stimulating and engaging particularly for dementia residents but there is SOMETHING FOR EVERYONE!"