

# 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. 44% (16 of the 36) care homes responded to the survey. These survey results were received in March 2023.

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

STAFFORDSHIRE RITA OUTCOMES MARCH 2023	Manor House	Bonehill Lodge	Northgate Healthcare	Brookside Residential	Barrowhill Hall	Nexus Care	MHA Weston & Queensway House	Essential Healthcare Solutions	Charlotte James	Restassured Residential Ltd
How often is your RITA system used?	Every Day	Every Day	Every other day	Every Day	Every Day	Every Day/Night	Every Day	Every Day/Night	Every Day	Every Day
Has the RITA system created a calmer environment & improved mental health and wellbeing?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Has residents engaging in group work actively resulted in greater stimulation and confidence?	Very Effective	Very Effective	Not so effective	Extremely Effective	Very Effective	Very Effective	Extremely Effective	Somewhat Effective	Extremely Effective	Extremely Effective
Have you seen an improvement in food and fluid intake by residents using RITA?	No	No about same	N/A	Yes	Yes	N/A	Yes	N/A	N/A	Yes
Has the amount of challenging behaviours reduced since RITA was introduced?	Yes	No about same	N/A	Yes	Yes	N/A	N/A	N/A	Yes	Yes
Has RITA helped to reduce safeguarding incidents?	N/A	N/A	N/A	Yes	Yes	N/A	N/A	N/A	Yes	Yes
If applicable has RITA helped improve mental health and stimulation on return from hospital?	Some what Effective	N/A	N/A	Yes	Yes	N/A	Some what Effective	N/A	Very Effective	Extremely Effective
Has RITA helped to reduce incidents of falls / improved falls management?	Yes	Stayed the Same	N/A	Yes	Yes	Yes	Stayed the Same	Stayed the Same	Stayed the Same	Yes
Has RITA enabled you to accept service users into the service that you may have previously declined?	No	No	N/A	Yes	No not as yet	No	N/A	No	N/A	Yes
Has the requirement for 1-1 reduced since RITA was introduced?	No	N/A	N/A	Yes	N/A	N/A	N/A	No	N/A	N/A
Has medications, PRN's (sleeping pills/anti-psych) reduced in residents using RITA?	No	No	N/A	N/A	No	N/A	Yes	No	N/A	N/A
Approx what proportion of your residents do you believe have had an improvement of outcomes with RITA?	70%	70%	20%	60%	60%	40%	80%	10%	50%	60%
Has engagement and interaction with family members improved since using RITA with residents?	Much Better	About the Same	About the Same	Much Better	Much Better	About the Same	About the Same	About the Same	About the Same	About the Same
Have all staff been trained to use RITA	Yes most staff	Yes	Yes	No	Yes	Cascades from Manager	Yes	Yes	Yes	Yes

- 100% of respondents stated that they use RITA every day or more.
- 100% of respondents stated that RITA had improved mental health and wellbeing.
- 94% 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.
- 56.25% of respondents stated that RITA improved mental health and stimulation when returning from hospital.
- 56.25% of respondents stated that the number of challenging behaviours had reduced.
- 50% of respondents stated that RITA had reduced incidents of and improved the management of Falls.
- 50% of respondents stated that they have seen an improvement in food and fluid intake by residents using RITA.
- 43% of respondents stated that there is better or much better engagement and interaction with family members since using RITA.
- 18.75% of respondents stated that RITA had enabled them to take residents that would previously have been declined.
- 18.75% of respondents stated that the requirement for 1-1 had reduced.
- 12.5% 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

Our residents particularly enjoy group quiz's, even the residents that wouldn't normally join in our activities do take part in the quiz and it often sparks reminiscence
We always do our quiz afternoons with coffee and cake or fruit mornings
Often we will use the RITA with one-to-one paintings & jigsaws which will calm agitation
When we see a resident getting agitated we will distract them with RITA by watching a film or playing music
When we see any residents that are unsettled and at risk of falls we get RITA out to distract and they will sit a little while
We find the RITA helps us provide more one to one's which in turn ensures our residents get lots of attention but does also help the residents to spark conversation with other residents
We put the RITA on and play a film or gentle music, and they calm and drift off

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

## Viomar Care Homes Ltd

Residents are definitely more engaged, and it has been really good watching them interacting together. The competitive streak comes out!!!
Music at mealtimes has allowed residents that usually get up as soon as they finish eating (walking with a purpose), sit down and finish their meals and ask for more.
Walking with a purpose has decreased as RITA allows interaction with each other and one to one exercises, reduces challenging behaviour.
Providing one and one engagement (RITA) helped to Improve mental health and stimulation after residents have returned from hospital/medical treatment.
Walking with a purpose has decreased and interaction, both increased the risk of falling, RITA has helped.
Small home so able to offer more engaging activities within our environment.
Families who normally just come and sit will now take part in activities which makes their visit more meaningful.

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

## Rest assured Residential Limited

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

## MHA Weston & Queensway House

Residents enjoy the simple games 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.

## Nexus Care

RITA has provided a diversion and distraction when Residents are exhibiting challenging behaviours. RITA encourages engagement in meaningful activities and provides Residents with an opportunity to reminisce.
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## Knights Care

Small groups of 2-3 is effective. We do use the exercises in a larger group.
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## Manor House

They all enjoy the games.
Yes this helps with challenging behaviours.

## Bonehill Lodge

It has provided stimulation, exercises fun and games. Lots of laughter.
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