



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.

### 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
Have incidences of challenging behaviours reduced since RITA was introduced?	Yes. Residents find using the 360 app and reminiscence apps calming, we have evidenced numerous positive results around the home with a diverse range of activities and residents such as the armchair exercises and games providing stimulation and movements and brain power.
Has RITA improved residents engaging in group work activity resulting in greater stimulation & confidence?	Residents are communicating & engaging with others promoting wellbeing. Residents are engaging in activities whereas before may not have been as forth coming with group activity.
Has engagement and interaction with family members and friends improved since using RITA by residents?	Better. Due to brain power and stimulation being promoted, resident families have experienced the atmosphere when the RITA is being used in communal areas and are pleased with the outcome of the RITA.
Have incidences of falls decreased since the introduction of RITA?	Yes. From the falls data analysis used in the home, we have identified a slight decrease in falls when the RITA is being used throughout the day.
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.

**“Residents are communicating & engaging with others promoting wellbeing.”**

## Support Worker Feedback

<p><b>What was the reason for using RITA?</b></p>	<p>Mr B is 67 years young. He's an avid Liverpool fan. Mr B is going through a lot of family personal problems at the moment as well as having early onset dementia he also has other health issues. He sits in his room most of the time with his television and CD player. He loves to chat and is very sociable.</p>
<p><b>What content did you use in RITA?</b></p>	<p>I have been using the Rita with him to try and get him to interact with something different. We have tried several of the apps from music to movies, to 360 apps to snakes &amp; ladders. However, with Mr B loving his football, the penalty challenge has to be the main one for him. He especially loves going head-to-head with myself and normally winning. I can safely say the Rita has made a big difference in Mr B's life. Thank you so much for giving us this fantastic piece of equipment.</p>
<p><b>What was the outcome for using RITA?</b></p>	<p>Mr B for a while whilst using the Rita is totally engaged and forgets his worries for a while.</p>
<p><b>What was the reason for using RITA?</b></p>	<p>Mrs A: This resident is bed bound which makes it challenging for her to join in &amp; get involved with activities.</p>
<p><b>What content did you use in RITA?</b></p>	<p>Mrs A: We looked at the 360 Pictures. We also used the relaxation music.</p>
<p><b>What was the outcome for using RITA?</b></p>	<p>Mrs A: Mrs A was engaged, paying attention and very happy from all the content. She was very focused and relaxed.</p>

Mrs N and Mrs J are both new residents, both in their eighties but very motivated both physically and mentally. I had done some quizzes with the group then decided we put on "move it or lose it" on the Rita. I did tell the ladies that the 'move it or lose it' lady is a lot easier on them than when I do my LIFT exercises and we all had a laugh. We went through the exercises stopping after each one to chat about the good and the bad points of the exercise. We then all had a cool drink before we finished off with the cool down. This activity as always was enjoyed by all, especially the new ladies.



***“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”***