



# RITA in Care Homes: Bradford Project (Reminiscence Interactive Therapy Activities)



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# What is RITA?



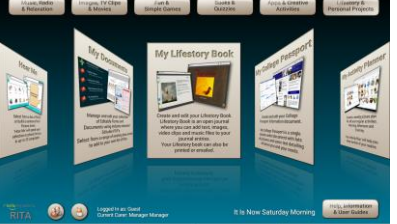
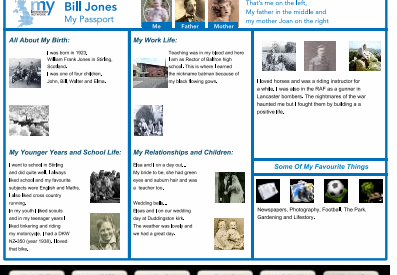
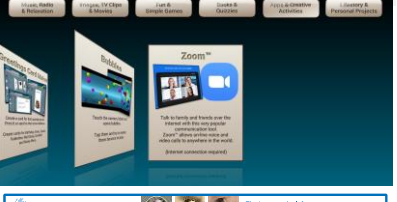
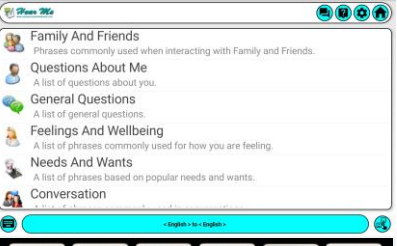
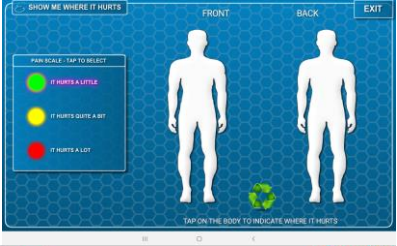
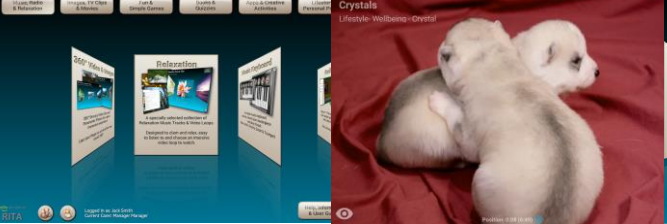
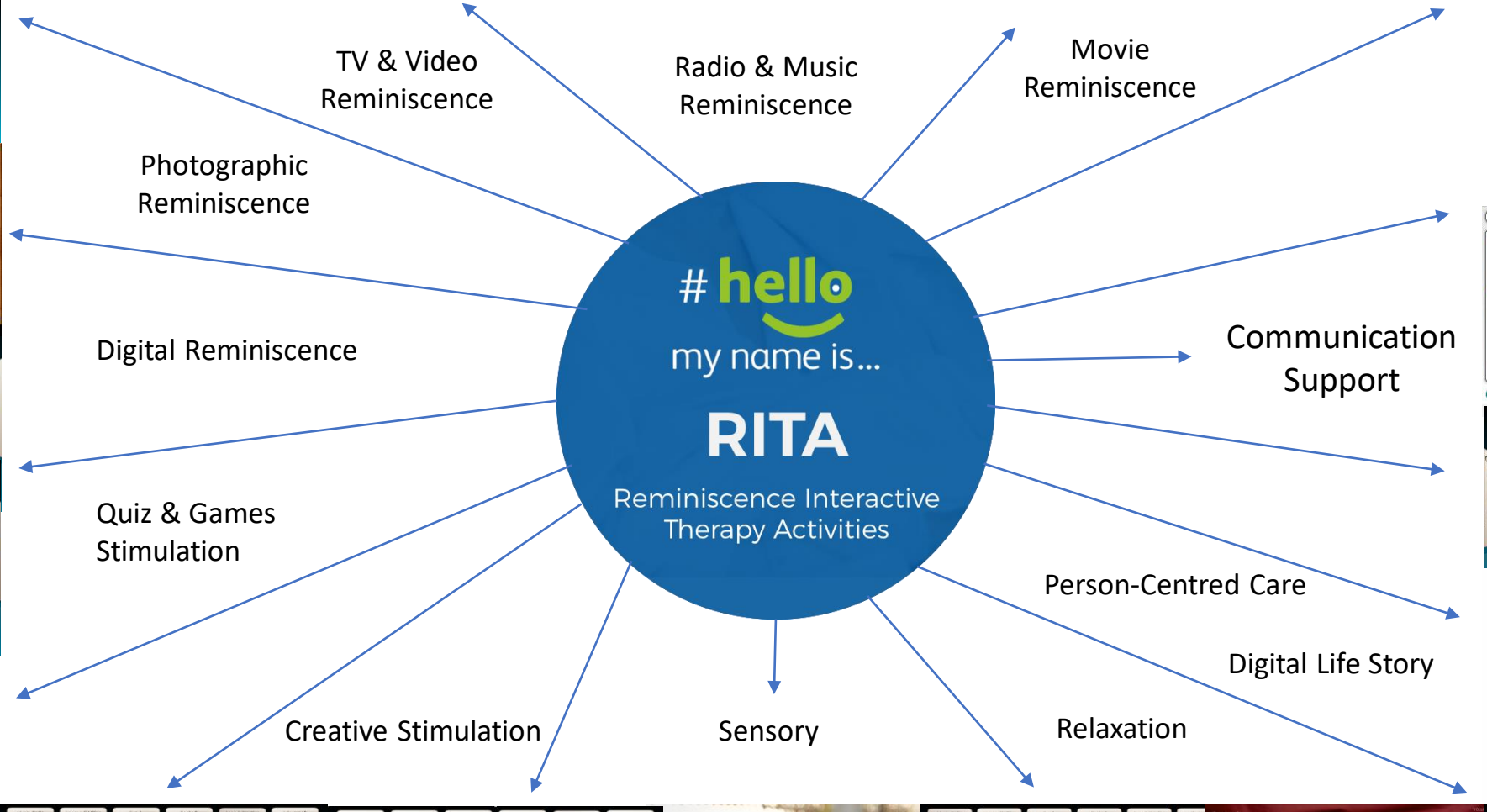
Digital Support for Older People,  
PLWD/ABI/LD



RITA is an all-in-one touch Screen solution which offers digital reminiscence therapy which is a relatively new tool in the fields of health and social care. RITA is aimed at offering support for older people (and other populations inc. those with learning difficulties and brain injured) with dementia and other mental health issues as a means to reducing their agitation, isolation, depression and delirium.

- Encompasses the use of user-friendly interactive touch screen 24" monitors and 10" tablets (Does not require Wi-Fi or 4G)
- Blends entertainment with therapy
- Assists patients (particularly with memory impairments) in recalling and sharing events from their past through listening to music, watching films and news reports of significant historical events, listening to war-time speeches, playing games, karaoke and viewing reminiscence photographs
- Supports person-centred care via personalised content favourites. my Life books. collages and passports







# Where is RITA used?



Acute Hospitals

Community Hospitals

Mental Health Hospitals

Nursing & Residential Care Homes

Hospices

Step Down Units

Day Centres

Extra Care

Over 1000 care facilities across the UK

Many LA's & CCG's now commissioning the technology for their care homes



Bradford District Care  
NHS Foundation Trust



Wolverhampton  
Clinical Commissioning Group

CITY OF  
WOLVERHAMPTON  
COUNCIL



North Tyneside  
Clinical Commissioning Group



Sheffield  
Clinical Commissioning Group



**BARNSELY**  
Metropolitan Borough Council



Sunderland  
City Council



# Regional Care System benefits are significant:



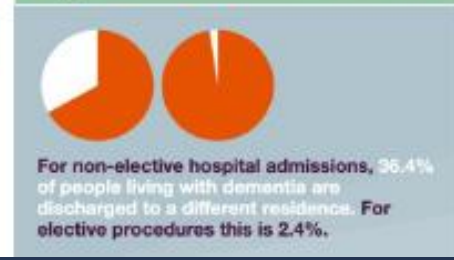
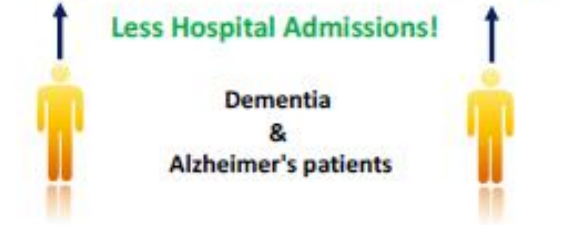
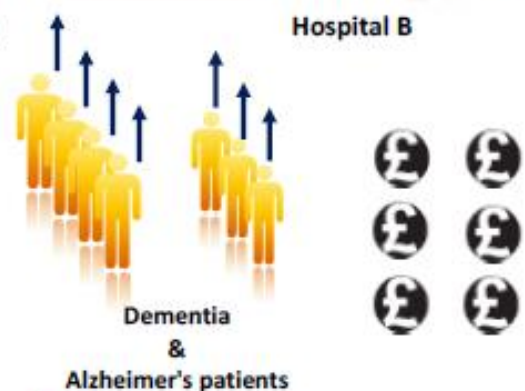
- Falls more likely
- Long lengths of stay
- Impact on RTT & A&E Targets
- Delayed Transfers of Care
- High risk of mortality when admitted in to hospital

It is estimated that approximately 25% of beds in hospitals are occupied by people living with dementia. Their length of stay is often longer than for people without dementia and there can also be delays in supporting them to leave hospital.

- ✓ Reduced Falls by up to 77%
- ✓ Reduced Specialing (1:1) BY 71%  
E.G. 1 Trust (4 Wards) Saving Yr.1 £164...
- ✓ Significant reduction in anti-psychotic medication
- ✓ Reduced LOS
- ✓ Dramatically increased patient experience
- ✓ Significant reduction in delayed transfers of care



Significant Impact on system wide capacity & demand



- ✓ Reduced Falls by up to 70%
- ✓ Dramatically increased patient & family experience
- ✓ Dramatically increased staff experience
- ✓ Significant reduction in anti-psychotic medication
- ✓ Cost reduction due to reduced need for specials
- ✓ Increase in number of patients on standard rates of care
- ✓ Significant reduction in delayed transfers of care
- ✓ Less safeguarding issues reported
- ✓ Less 1-1's needs



**North Tyneside**  
Clinical Commissioning Group



**Bradford District Care**  
NHS Foundation Trust

**Ruth Marshall – Clinical Quality Lead Nurse**  
**NHS North Tyneside CCG**

[RITA Webinar 05 02 21 North Tyneside CCG & Dudley MBC - YouTube](#)

*“I would recommend RITA to other CCG’s & Local Authorities as part of their strategic vision in reducing hospital admissions, for reducing 1-1’s and for reducing falls.”*

# Dudley MBC RITA Project: Impact Summary



- 12 homes participated; 265 residents in total within these 12 homes
- During the last 6 months n=5 named residents at one home remained on a standard rate of care saving £165,000 per annum
- Another home enabled 2 residents to stay with complex issues that would previously have been moved on, saving £20,000 +
- Huge reductions in resident on resident safeguarding incidents at multiple sites – freeing up staff time to provide care rather than administration/fact find related to incidents
- Significantly improved care environments (staff and resident feedback) and wellbeing of residents. *'residents clearly happier'*
- Reduced hospital admissions
- Significant reductions in falls, e.g. *66% at one residential home; 53% at another*. RITA described as a *'Godsend'* by care home manager
- Improved quality of 1-1s and less 1-1 care required due to calmer environments and more meaningful interactions
- Less hospital admissions reported
- All sites have fully embraced RITA and use it as part of routine care
- **Cost per resident for initial pilot estimated at just £176.60 as a one off cost, supporting a total of 265 residents (care homes only)**

# RITA in Care Homes Project Overview

- **Public Health Bradford** funding (£18k) to support 1 assessment bed facility & 1 care home to receive a RITA care bundle
- Each bundle consists of a large 24" screen on a portable trolley & up to two 10" portable tablets.
- Additional care homes can participate if willing to fund the RITA bundle independently. RITA bundle costs are estimated at £5,200 per bundle (*NOTE: the amount is dependent on the number of homes taking part*).
- Apply through expressions of interest process
- EOI welcomed from ALL care home providers with a primary role in providing care for people with mental health needs and/or dementia (i.e. those historically referred to as EMI register care homes)
- Project may inform investment to support adopt & spread at scale deployment of RITA across place
- The Dementia Assessment Unit & Bracken Ward at BDCFT have RITA bundles in situ already - project evaluation will explore advantages of RITA in supporting continuity of care for individuals at transition of care between health & social care settings

*i.e. those who receive care in an assessment bed before moving into a care home; those who receive care on in a care home but require admission to the dementia assessment unit and from here are discharged back to a care home*

During the project, BDCFT Older People's Service will work with participating care homes to support implementation and evaluation

## Participation requirements (listed in EOI form):

- Commit resource to the deployment of RITA in their care home
- Identify a care home lead individual to support the RITA project
- Implement RITA as part of routine care and evaluate the impact of RITA in the care home.
- Collect and share both quantitative and qualitative data; submit quarterly progress reports
- Ensure RITA bundles are well maintained & secure at the care home. Any damage to RITA bundles may incur a cost.
- In the event the care home is unable to continue to, RITA bundle must be returned to BDCFT Project Team promptly on request
- Share their experiences of using RITA and project involvement a local and region events
- Able to start participating in the project within Quarter 3 2021-2022.



# What next?



## RITA in Care Homes Project: Supporting Information (Reminiscence Interactive Therapy Activities)

**Project Aim:** Evaluate the impact of RITA deployment (within a small number of Bradford care homes) in supporting enhanced care and support for older people living with dementia and/or other mental health conditions using digital enabled interactive therapies

**NOTE:** RITA is not dependent upon Wi-Fi connectivity and can support care homes to improve resident wellbeing through meaningful activities and a platform which facilitates more person-centred care.



### Testimonial from existing Care Sector user:

*"I would recommend RITA to other CCG's & Local Authorities as part of their strategic vision in reducing hospital admissions, for reducing 1-1's and for reducing falls."*

*Ruth Marshall – Clinical Quality Lead Nurse NHS North Tyneside CCG*

## RITA in Care Homes Project: Expression of Interest Form

### Project Aim:

Evaluate the impact of RITA deployment (within a small number of Bradford care homes) in supporting enhanced care and support for older people living with dementia and/or other mental health conditions using digital enabled interactive therapies

### RITA Overview

RITA stands for Reminiscence Interactive Therapy Activities and is an all-in-one touch screen solution which offers digital reminiscence therapy which is a relatively new tool in the fields of nursing and healthcare; it encompasses the use of user-friendly interactive touch screen monitors and tablets to blend entertainment with therapy and to assist patients (particularly with memory impairments) in recalling and sharing events from their past through listening to music, watching news reports of significant historical events, listening to war-time speeches, playing games and karaoke, watching old TV shows, watching full length feature films and sporting events, producing digital life stories, viewing old maps and photographs, making video calls and watching films.

Refer to the 'RITA in Care Homes: Supporting Information' document for more detailed information on what RITA is and the potential benefits of RITA for residents of care homes, their families and care home staff.

## Project Description

### Summary

Funding is available through Public Health Bradford to support one short stay and one long stay care home facility to receive a RITA care bundle which consists of a large 24" screen on a portable trolley and up to two 10" portable tablets.

Additional care homes can be supported to participate in the project but this would require the care home to fund the RITA bundle independently. RITA bundle costs are estimated at £5,200 per bundle (NOTE: the amount is dependent on the number of homes taking part).

We are seeking expressions of interest from short- and long-care homes funded either by Bradford District Council Local Authority or privately funded care homes who have a primary role in providing care for older people living with dementia and other mental health conditions to work with us to implement and evaluate the impact of RITA in their care home setting.

The outcome of the project may inform bids for further funding to support more widespread deployment of RITA across Bradford, District and Craven.

During the project, Bradford District Care NHS Foundation Trust (BDCFT) Older People's Service will work with participating care homes to support implementation and evaluation of RITA. The Dementia Assessment Unit and Bracken Ward at BDCFT already have RITA bundles in situ which means project evaluation will consider the advantages of RITA in supporting continuity of care for individuals especially during transitions of care between health and social care settings.

### Requirements for RITA project participation:

Care homes who express an interest must be willing to:

- commit resource to the deployment of RITA in their care home
- identify a Lead individual to support the RITA project within the care home
- Work with BDCFT and partners to implement RITA as part of routine care and evaluate the impact of RITA in the care home. This will involve a requirement to collect and share both quantitative and qualitative data
- Submit quarterly progress reports
- Ensure RITA bundles are well maintained and kept secure at the care home. Any damage to RITA bundles may incur a cost.
- in the event the care home is unable to continue to participate in and meet the requirements of the project, RITA bundles must be returned to BDCFT Project Team promptly on request
- Share their experiences of using RITA and their involvement in the project at local and region events, including care sector forums and Act As One events

# Selection Process

- Care homes selected to take part in the project by the Project Team which includes representation from Public Health Bradford, the CCG, the Local Authority and BDCFT.

Selection is necessary to ensure those invited to take part are:

- A provider of care to older people with mental health needs and/or dementia in the Bradford District
- At least one care home which covers same geography as one of the LA assessment bed facilities
- Able to satisfy the criteria for participation

# Thank you

# Any questions?

Sarah De Biase

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