



My Improvement
Network

RITA

Quick Start Guide ABUHB



help@rita.systems



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RITA Help / Support and User Guides



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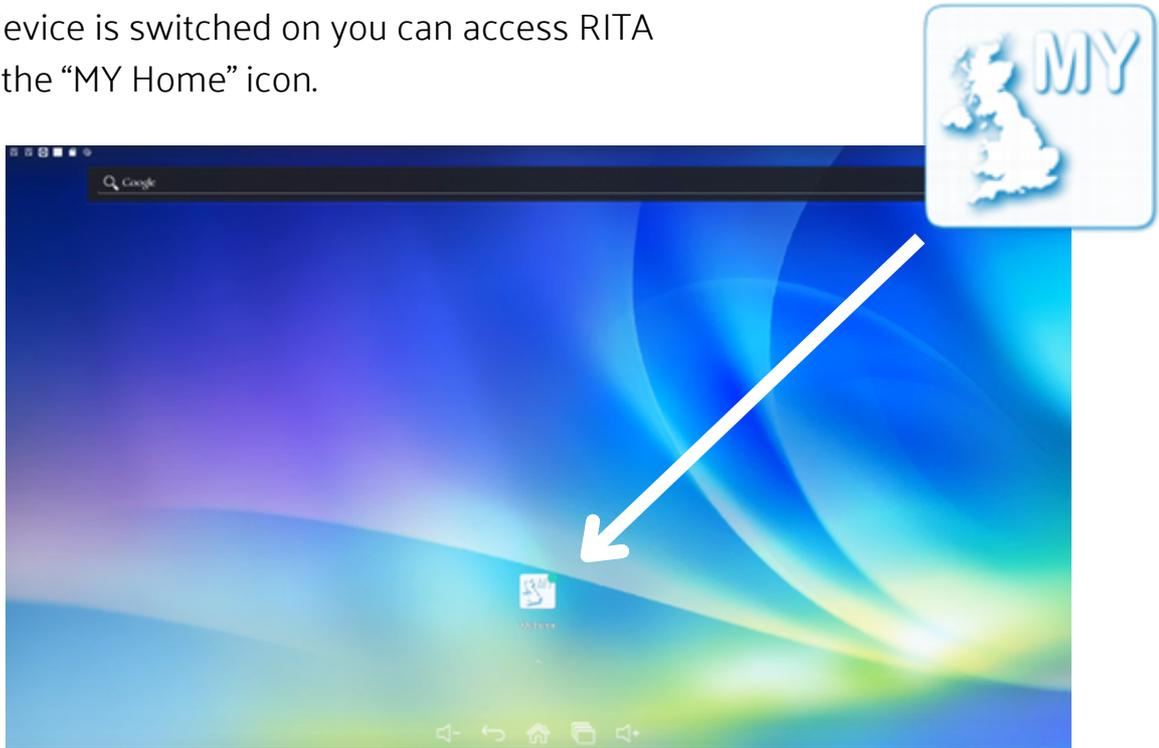


RITA in Gwent

The Basics |

Accessing the RITA

Once your device is switched on you can access RITA by pressing the “MY Home” icon.

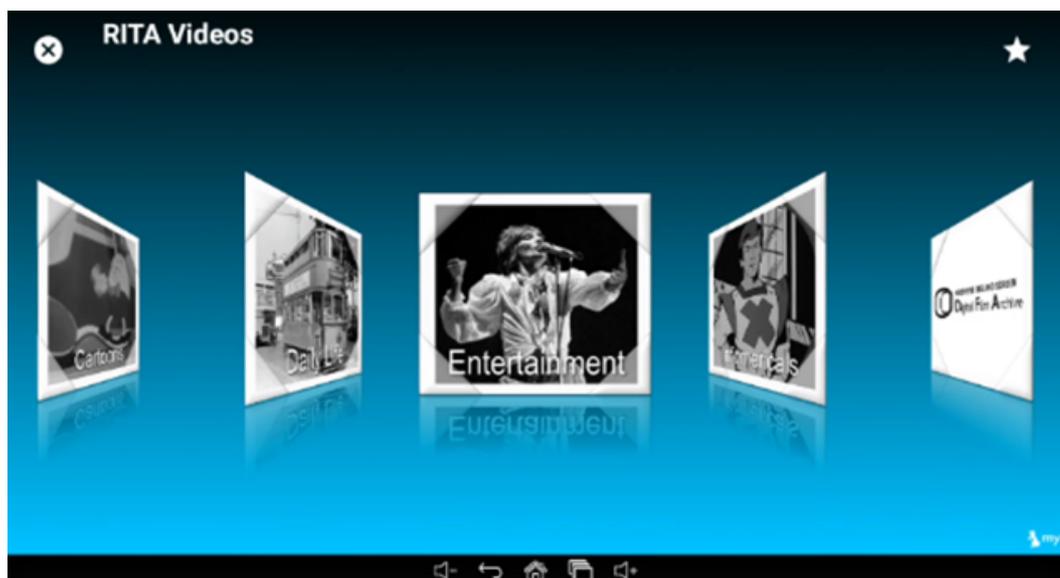


Navigating RITA

Along the top of RITA you will find the categories Tap on a category button to display the apps for that category. Swipe left or right to scroll through and select an app with a single tap on their preview tile.



The app will then open.



Some apps e.g. RITA Videos will show more options for you to scroll through – select the option you want by swiping left or right then tap once on the preview tile.



”RITA is a fantastic tool to provide meaningful activities and promote interaction of our Residents and it gives them so much choice so that their interests can be fully explored.”

Belmont House

Volume Control |

The system volume control can vary depending on the model of system you have below you will find information for each.

ViewSonic Large RITA Screen

There are two methods to adjust the volume on a ViewSonic device.

To adjust the physical speaker volume follow the steps below:

1. Press the OSD button at the bottom of the screen.



2. Use the arrow keys to highlight "Audio Adjust"



3. Press the Select button to enter the Audio adjust menu then use the arrow keys to highlight the volume slider.



4. Press the Select button while highlighting the audio slider then use the arrow buttons to increase or decrease the volume.



5. After you have adjusted the volume press the OSD button a few times to close the menu.



To adjust the software volume follow the steps below:

1. Make sure some media is playing either music or video content.

2. Drag up from the bottom of the screen and a bar with icons on should popup.



3. Use the audio icons to adjust the software volume.

Other Devices

All other large devices have volume control at the bottom of the screen



Tablets

All Tablets have physical volume buttons located on the side or top.



RITA Content |

AppTitle	Description	RITA App	Own Account Required	Large & ITU	Tablet Std	Tablet Lite
Music and Radio						
Music	A catalogue of thousands of music tracks over the decades	✓		✓	✓	✗
Sing Along	Sing a long to a selection of old time greats	✓		✓	✗	✗
Radio Shows, Speeches & Poetry	A selection of old time radio shows	✓		✓	✓	✓
Relaxation Music & Video	A selection of relaxing music & video loops	✓		✓	✓	✓
Story Time	A selection of childrens stories	✓		✓	✓	✗
Music Keyboard	A simple music keyboard activity, record your masterpeice and play it back	✓		✓	✓	✓
Images, TV and Movies						
Carers Communicator	Entertainment System stimulating Memory Improvement via general knowledge	✓		✓	✓	✗
Reminiscenc Images	A catalogue of thousands of images designed to promote conversation and reminiscence	✓		✓	✓	✓
Reminiscence Video & TV Clips	A special selection of Reminiscence Video Clips from the last century.	✓		✓	✓	✓
RITA Faith	A selection of videos and prayer books from multiple international faiths	✓		✓	✓	✓
Movie Night	Watch from hundreds of classic movies	✓		✓	✗	✗
360 Sensory video and images	360 sensory video clips and panaromic images for an immersive experience	✓		✓	✓	✓
Armchair Exercises	A collection of exerisces that can be done from the comfort of your armchair.	✓		✓	✓	✓
How Fit	Simple exercises - mobility, stability, balance and coordination, strength and cardiovascular health.	✓		✓	✓	✓
Video Player	Play your own videos with the Android Video Player	✗	✓	✓	✓	✓
You Tube	The popular on line video player	✗	✓	✓	✓	✓
BBC iPlayer	Catchup with you favourite BBC Shows	✗	✓	✓	✓	✓
Netflix	Netflix is the world's leading subscription service for watching TV episodes and films.	✗	✓	✓	✓	✓
ITV Hub	ITV Hub brings you a world of entertainment to your tablet.	✗	✓	✓	✓	✓
Fun and Games						
Horse Racing	Have a night at the races with friends and family	✓		✓	✓	✓
Pig Racing	Have a night at the races with friends and family	✓		✓	✓	✓
Higher Or Lower	Play the popular Higher or Lower game with friends and family.	✓		✓	✓	✓
Bubble Blaster	Blast off some bubbles and pop them	✓		✓	✓	✓
Feed Froggy	A game where the aim is to get the frog to eat the candy	✓		✓	✓	✓
Octy Grab	Guide Octy around in his watery home.	✓		✓	✓	✓
Bingo	Play Bingo with your family and friends	✓		✓	✓	✓
Solitaire	The classic card game	✓		✓	✓	✓
Free Kick	A penalty shoot out style game for one or two players.	✓		✓	✓	✓
Whack a Mole	How many moles can you get in the time limit.	✓		✓	✓	✓
Snakes & Ladders	Play the popular snakes and ladders with friends and family, for upto 4 players	✓		✓	✓	✓
Jigsaw	Slide the peices together and complete the jigsaw.	✓		✓	✓	✓
Coconut Shy	Play the popular carnival Coconut Shy game.	✓		✓	✓	✓
Rifle Range	Play the popular carnival shoot the duck style game.	✓		✓	✓	✓
Books & Quizzes						
Quiz Time	10 Multiple choice questions.	✓		✓	✓	✓
My Comic Book Reader	A simple comic book reader with loads of comic book titles to read.	✓		✓	✓	✗
UK Newspapers	Read all the storis from the most popular uk newspapers.	✓		✓	✓	✓
Word Search	One of the best Word Search games for tablets	✓		✓	✓	✓
Aldiko eBook Reader	An eBook Reader	✗	✓	✓	✓	✓

AppTitle	Description	RITA App	Own Account Required	Large & ITU	Tablet Std	Tablet Lite
Creative Activities						
Camera	Use the default camera to take images and video	✓		✓	✓	✓
Painter	Simple painting activity with three levels.	✓		✓	✓	✓
My Garden	Build your Garden include plants, ornaments, trees etc and come back to look after it.	✓		✓	✓	✓
My Aquarium	Build your Aquarium include some fish and come back to look after them	✓		✓	✓	✓
Greeting Card Maker	Create a card for that special person and send to their email address.	✓		✓	✓	✓
Zoom		✗	✓	✓	✓	✓
Microsoft Teams & Google Duo		✗	✓	✗	✓	✓
Personal & Health						
Hear Me	A useful utility for those who cannot speak.	✓		✗	✓	✓
Show Me Where It Hurts	A simple application to allow those who cannot speak or want to speak a way to show where they hurt.	✓		✓	✓	✓
My Lifestory Book	Create your lifestory journal	✓		✓	✓	✓
My Collage Passport	Create and print your one page information document	✓		✓	✓	✓
My Activity Plan	Create and print your weekly activity plan.	✓		✓	✓	✓
My One Page Profile	Create and print your one page profile document	✓		✓	✓	✓
My Photo Board	My Photo Board add up to 12 images, place them and size them as you wish and record a sound clip.	✓		✓	✓	✓
My Expressions	Use pictures and images to express how you feel.	✓		✓	✓	✓
My Journey	A detailed journal of your of your time in school.	✓		✓	✓	✓
My Daily Journal	A dated journal with time locked entries	✓		✓	✓	✓
My Documents	Your list of editable PDF Documents	✓		✓	✓	✓
My Weekly Itinerary	Create and print your weekly Itinerary plan.	✓		✓	✓	✓
My Photo Board	My Photo Board add up to 12 images, place them and size them as you wish and record a sound clip.	✓		✓	✓	✓
My Support Staff	Edit, Print or Email your PCP Person Centred Plan	✓		✓	✓	✓
My Person Centred Plan	My Healthy Eating Plan	✓		✓	✓	✓
My Healthy Eating Plan	My Healthy Exercise Plan	✓		✓	✓	✓
My Healthy Exercise Plan	How to do every day things	✓		✓	✓	✓
How To Do	A plan to show you all the best places and activities that can help and support you.	✓		✓	✓	✓
My Out And About Plan	The learning options and opportunities for me	✓		✓	✓	✓
My Learning Options	The Work options and opportunities for me	✓		✓	✓	✓
My Work Options						
Carers Menu						
CAM ICU	Delirium assessment tool for ICU	✓		✓	✓	✓
4AT	Delirium assessment tool - generic	✓		✓	✓	✓
DREAMS Delirium rescue package	Imperial College Healthcare's delirium checklist	✓		✓	✓	✓



RITA Support |

Book Training

RITA Training can be booked at any time:

[Book RITA Training](#)



Help, Information and User Guides

To access help, further information and user guides visit:

[My Improvement Network Website - Help Page](#) or press the following button within RITA itself



Help, Information
& User Guides

Support Information

If your RITA is not working or you need technical support contact My Improvement Network in the following ways:

[My Improvement Network Website - Support Page](#)

Email: help@rita.systems

Phone: 0161 941 6610



RITA in Gwent

More information on RITA across the Greater Gwent area can be found on the Gwent Regional Partnership Board website:

[RITA Webpage on the Gwent RPB](#)



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Gwent Regional
Partnership Board
Partnership & Integration
Portfolio Management Office