

Case study

Working together with Anglican Care we increased residents' mental health by 78% during COVID via therapy and technology.



The challenge

We were approached by Hunter New England and Central Coast Primary Healthcare Network to conduct a pilot focused on improving the mental health of residents in aged care in their region.

Our program uses technology to deliver personalised therapeutic audio and video experiences for residents living in aged care.

How we helped

A partnership was formed with Anglican Care on the Central Coast and Hunter Region to administer our program to meet this challenge.

Anglican Care nominated five care homes to participate in the trial. As a result, our program conducted a 5-month pilot encompassing 350 engagements with residents across 5 Anglican Care residential aged care homes.

Our program provided Anglican care staff training and on-going support on not just how to use the tablets, headphones and apps. Importantly, we also focused on how to use residents' personal preference data to help calm dementia behaviours, better connect residents and their carers, and how to incorporate into specific resident care plans.

The program offers audio and video content, including:

- Personalised audio and video selections
- Cultural content specific to the resident's cultural background delivered in more than 40 languages
- Spiritual content specific to their faith preference

Quotes from staff observation

"Annette was singing & swaying her arms to the music. She loved it & wanted to do it again."

"Mardi was sad and not wanting to engage with anybody. I gave her music to listen to with headphones, and she started to sing and dance in the chair".

"Denise was pacing in the hallway and wringing her hands, we played poetry through the headphones, and Denise sat quietly and calmly and did not attempt to remove headphones or get up from her chair."

Overall results

Key measurements of the program showed significant improvements in the mental health and wellbeing of participating residents.



Data inputs from the 5 participating homes consisted of 25 trained staff and 200 residents experiencing the program.

Key measurements of the program showed significant improvements in the mental health and wellbeing of participating residents, including:

About Anglican Care

As the aged care ministry of the Anglican Church of Newcastle, they are a not-for-profit organisation operating aged care services throughout the Hunter, Central Coast & Mid Coast regions.



increase in mood and apathy improvement



reduction in agitation



reduction in aggression



reduction in vocal disruption

The results also showed evidence of longer-lasting positive impacts for residents after completing each engagement. Anglican Care also found that using the program in groups improved the connectedness between residents and staff. The program was so successful Anglican Care will be rolling it out to all their residents and homes as part of their ongoing commitment to the mental health of their residents.

Resparke is affiliated with and operates the same program as the established Moove & Groove therapeutic dementia care solution. The technology is currently trusted by hundreds of aged care facilities in Australia. This research was conducted in Australia with the Moove & Groove brand name.


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