On screen text
00:00:14 In this film you will experience a little of what it is like to find yourself in a world that seems familiar and yet doesn't always make sense

Title
00:00:22 Dementia | from the inside

(Fade up to first person view of mature hands in lap)

Female VO
00:00:35 Look at those hands! .... I still feel like I'm eighteen
But then, I think I've been eighteen for a while now

(Look up. Domestic sitting room interior. It's day)

00:00:45 Hmmm, I'm here again.
I recognise some of my favourite pictures

(One 60s style picture shows two female faces together)

00:00:55 Oh - that's me and Alison - we look such a pair

(Look up. Room is different)

Aww - something's changed....
Concentrate

Perhaps not.

(Looking at old photo again)

00:00:17 Now I recognise this picture. It's...ummm - oh who is it? The faces seem so familiar ..... so familiar.
(Now in room at night)

00:01:27  Why’s it dark?
- I don’t remember going to bed.
What’s that?
Voices? Alison - is that you?

Count sheep - go to sleep…. count sheep….count….

(Darkness)

Male VO
00:01:50  “Hi there”

(Sudden loud sound and light)

Female VO
Who’s this? (anxious) What’s he doing in my room?

Male VO
“I’ve got a cup of tea – here you are. Got that?”

Female VO
00:01:59  No, hold on a minute. There’s something familiar about him.
Oh come on - who is it?!
It’ll come back.

(Man places a tray with a bowl of muesli down)

Male VO  “Here’s your breakfast”

Female VO
00:02:12  Oh that’s better. What’s it called…. er Fusilli?
I used to cook something with this but what was it?

(Tries to use spoon to get some cereal. Knocks bowl and spills milk)

Oh damn it, damn it. DAMN IT!
(“Oh for goodness sake”)
Pathetic. I used to be a chef,
I used to make breakfasts for hundreds of people every day!
Now I can’t even help myself to my own breakfast.
Male VO
00:02:33  “C’mon. Let’s get you over by the window”

Female VO
00:02:35  Who is he? Why’s he in my room again?
          What’s he going on at me about? Leave me alone

Male VO

“Come on now”

“Oh for goodness sake!”

(The previously steady view from the camera becomes more agitated and unsteady)

(Sounds of wind as if in high place)

Female VO
00:02:42  The carpet feels weird.

(Looking down to floor and edge of a rug, the floor is black)

        Ohhh

        That was scary.

(Fade to black) (Fade up)
(View of outside)

00:02:55  I think it’s sitting here looking at the garden is probably my favourite thing to do

          It’s so lovely in the summer but it looks a bit flat now.

          I could do with getting out there with Amy to tidy it up a bit

(Image of wellington boot and flip flop)

        Oh it was so funny when I was out there in one welly and one sandal.
I thought Amy was going to wet herself laughing!

(Laughs) What am I like?

(Suddenly view flickers and looks ‘strange’. View corrects itself)

**Female VO**

00:03:30 That used to scare me so much. When things like that happened. Not so much now.

Just remember, things will come back properly. If I wait and keep calm.

(Image of small town shop front)

I remember, the first time it happened I was outside “Joneses” in town.

I just couldn't find it even though I’d been stood right outside it.

(Shop name letters start falling off)

00:03:54 Then when I did see the name… the letters started falling off. Just fell off they did. Drifted down.

Thought I was going mad.

(View back out of view)

00:04:12 Aww - not mad. Just dementia. Me of all people.

(Time passes. All the time a radio is on somewhere in the house. It gradually gets louder and louder. The music gets increasingly muddles and insistent, and builds to a climax)

00:04:30 Oww - I don’t like it. Make it stop. Stop

(Noise peaks and cuts off)

**Male VO**

00:04:35 “Are you okay?”

**Female VO**

It’s Tony!

(Visual of old style photo of ‘Tony’)
Oh he was so handsome when we first started dating. I just loved going out on his motorbike!

My dad was furious.

“Have we still got the motorbike?”

Male VO

“Motorbike? Er…no”

Female VO

“Can we go to that restaurant at Hunt bury again (“Yes, of course”) this weekend? It was so lovely with Amy and Josh last Sunday?”

Male VO

“It’s booked as usual”

Female VO

“I do like it there. But it did take me 20 minutes to find my way out of the Ladies last time!”

“Amy came to find you”

He must mean Alison. Alison’s always sitting down and having a chat with me. She was here last night. She sat on the end of my bed. We told stories all through the night about the fun we used to have.

Oh it’s such a laugh with Alison. Good clean fun mind - We don’t drink and never swear.

What did he say?

Male VO

“It's bit cold here by the window. Let's get you back to your armchair”

Female VO

(Moving over the carpet. All is normal)

It is a bit cold. Tony really looks after me. He looks so sad sometimes though. What is it that makes him worry?

(Fade to black) (Fade up)
00:05:47 Hungry.

“Can I have my…er..slipper?”

(Pair of slippers are placed before us on the floor)

“What? No, can I have my slipper?”

Male VO

00:05:57 “These ARE your slippers”

Female VO

“No…. My SLIPPER”

“For god’s sake… my SLIPPER - I"M HUNGRY!”

(Background noise is building)

Male VO

“Oh - it’s not time, you…

(Very noisy and images shaky/swirling)

Female VO

“I want my slipper I want my slipper I want my BLOODY SLIPPER YOU SHIT!”

(Noise crescendo) (The room is quiet again)

Female VO

00:06:12 Oh. Now I've upset Tony. At this rate I'm never going to get my supper.
Oh…

…….Supper.
Oh, that was my fault wasn’t it.


(View of old pictures)

00:06:33 I love these old pictures. I think that’s Alison.
I’m not sure who that other girl is though.

(View back to the room. Fade to black)
I’m feeling a bit better today.

On screen text
00:06:45 The incidents pictured and memories recounted are based upon true experiences gathered from people living with dementia who were kind enough to share them with us.

00:07:12 Title: Key learning points

People with dementia

May interpret things that happen differently to those around them

May have unanticipated periods of lucidity and periods of confusion alike

May sometimes not recognise people or places they know well

May become frustrated with themselves or those who struggle to understand them

May not be able to articulate or communicate their anxieties, fears or frustrations

Live with unpredictability, such as the passage of time

END