



Artwork created
by Willy Gilder

The World Turned Upside Down

Screening pack

Welcome

'The World Turned Upside Down' is a play that was staged in Exeter in January 2022. This film shows both the play itself and the process of creating it. We hope that many different types of people will be interested in 'The World Turned Upside Down'. This screening pack is designed to help you start conversations among your audience, whether that's family, colleagues, or peer supporters.

Inside are suggestions for splitting the film up into separate scenarios and some suggested questions to help start the discussion. Please tell us how you've used the film and what you thought of it by emailing us at IDEAL@exeter.ac.uk.

Background

'The World Turned Upside Down' comes from a large dementia research project called IDEAL. IDEAL is based at the University of Exeter. We want to help improve the lives of people with dementia and carers living in the community. You will find out more about IDEAL in the film.

'The World Turned Upside Down' is about communication around dementia. There are many situations involving individuals and their family members, or individuals and healthcare professionals, where the outcome relies on what is communicated, and how.

Good and effective communication is key to enabling a dementia diagnosis, supporting people to adjusting to living with dementia and accessing post-diagnostic care. This film explores these challenges.

This film invites you to reflect on

- why and how conversations can go badly or work well
- what helps to maintain good conversations

This film doesn't just show you scenarios from the play, but also

- footage from rehearsals
- comments from people with lived experience of dementia
- what the audience thought of the scenarios
- reflections from the actors and people involved in the play

Introduction (00:00-06:18)

The film begins by explaining how 'The World Turned Upside Down' came about. Dr Claire Pentecost narrates the background to the play and introduces the IDEAL project. We meet the Director and the actors. We also see footage from the rehearsals and the Zoom meetings where the creative team gained insights from people with lived experience of dementia.



The car keys scenario (06:18-13:45)

In this scenario, a father and daughter – Tony and Sally – have a confrontation about whether Tony should be driving. He has had an absent moment while driving and is waiting for an appointment to discuss his symptoms with a doctor.



If you are discussing this scenario, you could consider:

- Why is driving so important?
- Can you see both sides? Who do you find yourself agreeing with more?
- What else would you change to help this conversation go better?

The doctor's appointment scenario (13:45-27:44)

This scenario shows the start of the dementia diagnosis journey. Tony has been referred to a specialist by his GP. It is Tony's first appointment with this doctor. This scene is all about communication between an individual and a healthcare practitioner.



If you are discussing this scenario, you could consider:

- How sympathetic can a doctor be while remaining professional?
- Why is it hard to talk about our health with a doctor?
- If you were training doctors, what advice would you give them about talking to patients?

The telling the family scenario (27:44-35:14)

This scenario shows a parent telling her grown-up children about her dementia diagnosis. The news is emotional, and everyone has a reaction. However, this scene explores how some reactions are more helpful than others.



If you are discussing this scenario, you could consider:

- When do you think a dementia diagnosis should be shared?
- Who should you share it with?
- If you were the parent, how would you approach telling your children?
- If you were one of the children, how would you respond?

The caring for your mother scenario (35:14-1:01:19)

This scenario shows Gill living at home with dementia and her son, Tony, trying to care for her. Tony does not live with his Mum and has his own family to look after. This scene explores the pressures of trying to do it all. Tony is trying to get Gill through her morning routine so that he can take her to the memory café on his way to work.

This scenario has two versions. The second version takes place 6-8 months after the first, when Gill's dementia has worsened. The second version begins at 45:54.



If you are discussing this scenario, you could consider:

- What triggers stress and how do you relieve stress?
- How can we catch ourselves tipping over into impatience, or worse?
- How would you feel if you were Gill?

The care home decision scenario (1:01:19-1:12:48)

In this scenario, Sally visits her father, Steve, who has decided he wants to move into a care home. He feels his dementia has got worse and that this is the best decision. This news is a big shock for Sally and she does not take it well.



If you are discussing this scenario, you could consider:

- Why is this a difficult decision?
- When do you think you should discuss future plans? When would you like to have that conversation?
- Do you think this is a positive decision for Steve?

Ending (1:12:48-1:20:26)

At the end of the film, we hear different groups of people reflecting on the play and the process of making it. The audiences react to what they've seen, the actors and creative team reflect on what they've learned, and our advisory group of people with lived experience of dementia share their thoughts about the film.



When you have watched the whole film, you could consider:

- What did you feel were the main messages?
- Is there anything you now want to change in how you communicate?
- What else could be done to improve conversations about dementia?

We hope this has been helpful. If you would like to read more about the IDEAL research programme, you can visit our website at www.idealproject.org.uk or follow us and comment on Twitter @IDEALStudyTweet. To get in touch, email IDEAL@exeter.ac.uk.

If you have been affected by any of the issues raised by watching 'The World Turned Upside Down' and would like further advice or help:

- **Alzheimer's Society's** 'Get support' pages are very useful www.alzheimers.org.uk/get-support. You can ring their Dementia Connect support line on **0333 150 3456**.
- The **Living with Dementia Toolkit** was co-produced with people with dementia and carers. Some of them are in this film! You will find lots of resources and suggestions at www.livingwithdementiatoolkit.org.uk.
- To hear from people with dementia about their daily lives, visit **Dementia Diaries** www.dementiadiaries.org. You will hear audio diaries sent in by various people living with dementia.

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IDEAL: IMPROVING THE
EXPERIENCE OF DEMENTIA
AND ENHANCING ACTIVE LIFE

