

**Reflections on the Screendance *I Can't Find Myself* [12mins]
UK Premier, at the Olympic Studios Cinema London, 9th May 2015**

**Direction & Choreography: Beatrice Allegranti
Original Soundscore: Jill Halstead**

"I Can't Find Myself may be short but its impact is profound."

For those with dementia, it can be difficult to put into words the feelings and experiences they face in living day to day with the uncertainty and confusion caused by the condition. *I Can't Find Myself* expresses beautifully and eloquently how dementia affects a person's sense of who they are, and how we can continue to connect with them. It skillfully combines dance theatre and music to convey the reality of splintered memories in dementia and the impact on relationships.

Though short, it takes us on a rich journey of the senses and leaves a profound impression on the audience, conveying the truth that dementia touches us in body, soul and spirit, and not just in mind. The film packs an emotional punch: it does not hide the pain and distress that can be caused, but offers hope in showing glimpses of the warmth and connection that remain. *I Can't Find Myself* is multi-layered, skillfully using several art forms to spark reflection on many levels, enabling exploration of the complex facets of life with dementia.

Through great warmth and artistry, this short film is also a powerful tool for increasing understanding of what it is like to live with dementia. *I Can't Find Myself* enables the viewer to reflect on the reality of life with a memory problem, whether they are a person living with dementia, supporting a relative or friend, or someone concerned to empathise more fully. It could be used as a staff development tool, but also as a vehicle for allowing people with dementia and their families to open up about their feelings and the impact of the condition on their relationships. Though challenging at times, *I Can't Find Myself* is faithful to the lived experiences of people with dementia.

**by Julia Burton-Jones
Dementia Pathfinders**

Working on a project with Re-Bourne at New Adventures
www.dementiathfinders.org