

I REMEMBER...

Script and Direction: Geeta Lal Sahai

Cast: Gayatri Sharma | Sarbasis Bhattacharya | Shrinkhla Sahai

DOP: Mukesh Goel, Seema Dahiya

Editor: Yamini Upadhye

Duration: 60 Minutes

Format: Full HD (1920x1080pixels. Aspect Ratio: 16:9)

Location: Delhi-NCR

Concept:

Based on true cases, the film is an intense experience of a woman and her family as they come to terms with the early onset of Alzheimer's. The protagonist struggles with the gradual loss of identity and lack of control over her own life. Her husband and daughter deal with the strenuous journey of caring and their own dilemma between love, responsibility and aspiration. Hopes, ambitions and dreams often fade away as their lives get disrupted in the absence of adequate institutional, social and emotional support.

Motivation:

Quite ironically 1 out of 3 people who get Alzheimer's is a woman.

And every 3 seconds someone in the world develops Dementia/Alzheimer's.

*This made me realise that the time has come now where each second counts. Meeting caregivers made me understand the pivotal role they play in supporting Alzheimer's patients live a dignified life. Through my film – **I Remember...** I have tried to capture this aspect, along with Alzheimer's patient's internal struggle, the financial pressure for families, the social stigma attached to mental health issues, and the untimely death of dreams and aspirations of caregivers.*

Synopsis

Based on true cases, the film traces the journey of a woman and her family as they come to terms with the early onset of Alzheimer's disease. The protagonist— a successful journalist, tries to come to terms with the ailment, as her diminishing memory leads to a gradual loss of control over her life. She struggles with the pain of a fading identity amid chaos and confusion.

Her husband and daughter deal with the strenuous balance between caring and leading a productive life. As caregivers, they are faced with the dilemma between love, happiness, responsibility and aspiration. Hopes, ambitions and dreams often disintegrate as their lives get disrupted in the absence of adequate institutional, social and emotional support.

The film moves through the intense experiences of both- the affected individual and the caregiver, evoking questions about the fragility of memory, the aesthetics of care, institutional support for mental health and the difficult choices between loving and letting go.

Notes: The family lives in a middle-class and upper middle-class high-rise multi-storey flats in Delhi-NCR. Through this want to highlight that ailment is not exclusive to caste or class. It can happen to anyone, anytime and that certainly it is not OLD PEOPLE'S disease. What we need is acceptance and NOT abandoning people or labelling them as 'mad.' ■