

10 core principles for **FILM**



FILM

IN CARE

1 Think carefully about how and why you want to use film

Film is an active experience that taps into people's knowledge, emotions and senses. It has benefits for health and wellbeing. Think carefully about what you want to achieve. Try things out, monitor progress, and adapt until you find what works best.

2 Discuss the choice of film with people before the screening

Include people in the decision. This is an important aspect of person-centred care.

3 Consider the timing and environment of the screening

Try varying the frequency and timing of screenings as well as the environment where they take place. Different things will work for different settings and different groups.

4 Screen feature-length films and show them in their entirety

It is important to let the film run in its entirety, because starting and stopping the film, or turning it off entirely, can lead to people feeling frustrated or disappointed.

5 Don't worry about attention span – all spectatorship is different

Paying attention to a film at all times is not necessary to enjoy the experience and the company. It's important people are allowed to watch in their own way.

6 Use film to help people remember the past

Film is useful for prompting reminiscences, both happy and sad. Be prepared to acknowledge all emotions as important.

7 Use film to enhance the present

Film is a sensory experience. Research shows many people enjoy singing, moving, dancing and physical activity as they watch movies. Film also taps into our emotions – notice how film impacts on a person's mood.

8 Use film to share the future

A film screening is something to look forward to. Find ways to create anticipation. Watching films together can also prompt inter-generational sharing.

9 Everyone should be involved

Film screenings work best when everyone has the opportunity to participate – people who live and work in the home as well as visitors.

10 Monitor, evaluate and reflect

Collect process and outcome data to monitor your progress. Focus on really understanding the most effective ways of using film to enhance people's lives.