

Don't Take My Sunshine Away

Retired people today are living longer, healthier lives than ever before, challenging stereotypes of what it means to be old. Old age should not be automatically equated with illness and disability. Yet for most of us there will come a time when we need help – a period of physical or mental frailty which may last to the end of our lives.

Don't Take My Sunshine Away addresses the vital issue of elder care by presenting model support programs in Sweden, Denmark, England, the United States and Canada. Focusing on the older people themselves, this sensitive documentary film explores ways of providing necessary care without undermining self-respect. In the process, it challenges us to consider the future of our ageing society.

This is the third film in *The Elderly at Risk* series.

An Ontario Centre production of the National Film Board of Canada with the participation of Health and Welfare Canada, Seniors Secretariat

Director: Lyn Wright

59 minutes 23 seconds
(plus 6:45 trailer)

Producer: Silva Basmajian

Order number: C 9191 113



Closed captioned for the deaf and hard of hearing.
A decoder is required.



National Film Board of Canada
Office national du film du Canada

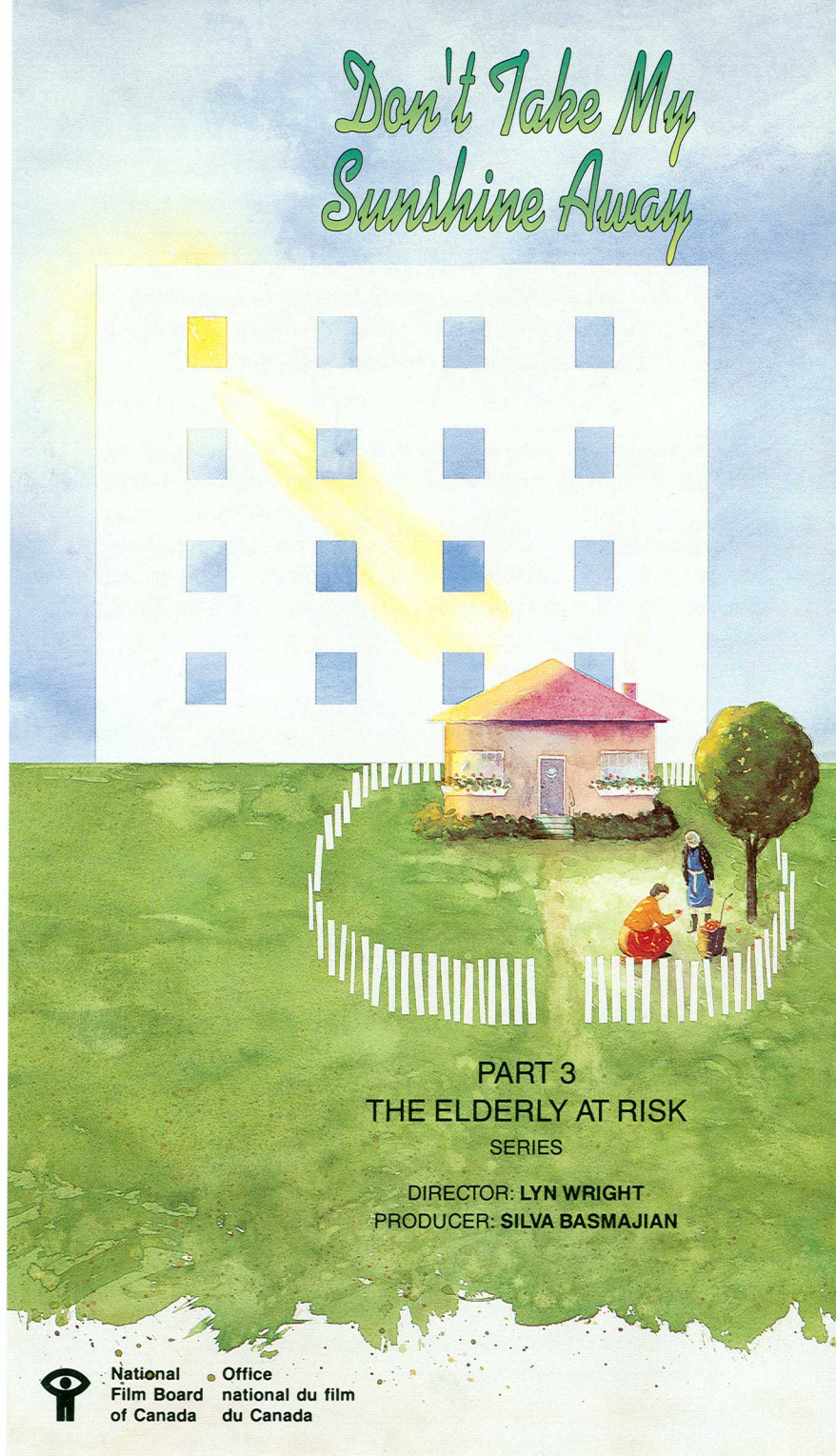
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Don't Take My Sunshine Away



VHS
113C
9191 113



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PART 3
THE ELDERLY AT RISK
SERIES

DIRECTOR: LYN WRIGHT
PRODUCER: SILVA BASMAJIAN



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“The film portrays the gift of caring and the individual human spirit as crucial variables for enhancing life – regardless of circumstances. So many areas are offered as a focus for discussion – values, ethics, communication, relationships, ‘service delivery’ options, social policy, the meaning and role of community. Its educational potential is exceptional.”

E. Jane Worrall, Government Policy Analyst, Canada.

Most of the care of elderly people in need is still provided by families, even though women, the primary caregivers, are in the workplace as never before. But families are smaller now and a growing number of old people have no close relatives to care for them. Should they be institutionalized – even against their will? Or can volunteers be called upon to care for them at home? Should the State be more responsible for its needy senior citizens? Are there humane yet cost-efficient ways of enhancing quality of life in our final years? Can we learn from the attitudes and practices of other countries? **Don't Take My Sunshine Away** addresses these vital questions.

*This is the third film in **The Elderly at Risk** series. The first, **Mr. Nobody**, tells the poignant story of Jack Huggins, an elderly recluse who lavishes attention on his many cats while failing to care for his health or his home. **A House Divided** portrays the emotional complexity of family relationships that can lead to abuse of older people at home, the anguish and isolation of its victims and the need for community understanding and support. **Don't Take My Sunshine Away** shows a range of care options that could help alleviate the problems of the “elderly at risk,” and enhance the quality of life for all of us in our final years.*

Don't Take My Sunshine Away is dedicated to the rights of all of us when we are old, to be as independent as health and capacity will allow, to receive the support we need to sustain this independence, to be regarded as valuable members of society, to share interests and affection with people of all ages, to live where we choose for as long as we wish, to die in peace and dignity.

Director/Writer/
Narrator

Lyn Wright

Cinematographer
Andreas Poulsson
c.s.c.

Editors
Ewa Jaworska
Lyn Wright

Sound Recordists
Ross Redfern
John Martin

Sound Editors
Alison Clark
Paul Durand

Additional
Cinematography
Joan Hutton c.s.c.
John Walker c.s.c.

Music Consultant
Denise McCormick

Re-recording
Dino Pigat
Corby Luke

Producer
Silva Basmajian

Executive Producer
John Taylor

Discussion Starters

The following are questions or statements that may create fruitful discussion or debate.

1. It's better not to think about illness and death.
2. How can we promote or maintain self-esteem in elderly people?
3. Older people who are still eager and able to continue in paid employment should not be forced to retire at age 65.
4. Who will care for the increasing number of frail old people who live alone?
5. Ageism may be even more difficult to combat than racism or sexism. Why? Name five ways in which we might start.

Related NFB videos and films

The Company of Strangers
Pills Unlimited
When the Day Comes
Living with Dying
The Power of Time
The Old Person's Friend
George and Rosemary
Something to Celebrate
Priory, The Only Home I've Got
All of Our Lives
Poison Ivy
A Special Letter
The Vacant Lot
Age Is No Barrier

An Ontario Centre Production of the National Film Board of Canada with the participation of Health and Welfare Canada, Senior's Secretariat

Distributed by National Film Board of Canada

Color

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C 9191 113 (video)

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