



# NANSIE

FEATURE DOCUMENTARY



PRESS KIT

# LOGLINE

Two sisters are teaching their 87 year old Nana living with dementia how to swim, to show life doesn't have to stop because of this disease.

*"I don't really know a lot about dementia, I know it's not a good thing to have. But if you stop and think about it, would you know if you had dementia?"*

*Nansie*

# SYNOPSIS

Sisters Adelaide and Lucinda grew up spending a lot of time with their Nana Ann, also known as "Nansie", who would help look after them as children. However, roles were reversed when Nansie was diagnosed with dementia in 2018. For the last few years, Nansie has been saying to her granddaughters that she goes swimming in the ocean every morning. The girls know this isn't true as Nansie never learnt to swim, but instead of correcting her, they go along with the stories her dementia has created. Eventually, they decide to see if this story in Nansie's mind could come true. Adelaide and Lucinda embark on a four-year journey of discovery, one that tests the limits of what is possible within the confines of the disease as well as themselves as carers.





TITLE: **NANSIE**

GENRE: **DOCUMENTARY**

PRODUCTION YEAR: **2024**

COUNTRY OF ORIGIN: **AUSTRALIA**

LANGUAGE: **ENGLISH (AUS)**

RUN TIME: **82 MIN**

SCREEN RATIO: **16:9**

SOUND FORMAT: **STEREO & 5.1**

CLASSIFICATION (AUS): **TBC**

**SPECS**







A N N A  
T R I C H E T - L A U R I E R

**Producer, Director**

Anna has worked on various projects for This Film Studio, including 'Skategoat' (2024) audience winner at SFF 2024, 'Here for the Horses' (Channel 7, 2022), 'Save This Shark' (National Geographic, 2020), 'Save This Rhino: India' (National Geographic, 2020) National Geographic, 'Misunderstandings of Miscarriage' (Stan, 2020) and 'Save This Rhino: Africa' (National Geographic, 2019). Anna has also produced extreme sport content for Garage Entertainment. In 2021, she embarked on an independent journey, starting with the feature documentary 'Nansie' in collaboration with journalist Adelaide Miller. Awards include 2024 Audience Award Best Documentary SFF, 2021 Asian Academy Creative Awards, 2020 AIS Lumiere Award and a 2019 Infinity Festival Monolith Award.



A D E L A I D E  
M I L L E R

**Producer, Cast**

Adelaide Miller is an award-winning journalist with the ABC and producer on the 'Nansie' documentary. She started working on this film four years ago, after hearing other young people were afraid to enter nursing homes. Adelaide is passionate about social issues and reporting on taboo topics that connect and engage Australians. Before this film, she worked in the post-production team on the Stan documentary Misunderstandings of Miscarriage and the National Geographic documentaries Save This Rhino and Save This Shark.



L U C I N D A  
M I L L E R

**Producer, Cast**

Lucinda Miller is an urban planner and producer on the 'Nansie' documentary. She has been caring for her Nana who has dementia for six years. Alongside her sister, Adelaide and director, Anna, they decided to create a film to showcase their reality and relationship to the disease. Lucinda is passionate about telling stories across multiple mediums, whether this is represented in the built environment or in film, to advocate and facilitate positive change within communities.

# DIRECTOR'S STATEMENT

*"I'm dedicating this film to my grandma Rosette, who passed away from dementia before I knew anything about it"*

*Anna Trichet-Laurier*



Ageing has always been a topic of interest for me. From a young age I've always loved spending time with my Grandma and her friends, hearing their stories, and their knowledge on life. But when I turned 13, things started to go wrong. My little brother and I spent all our school holidays with her as our parents were always working. We started to see Grandma Rosette doing all sorts of strange things around the house, getting into the car using the wrong door, making tea over and over again... We told our dad and our uncle, but they told us to stop making up stories. It got to the point where we really felt unsafe being in the car with her or alone in her secluded house. When the adults finally realised what was happening, she got diagnosed with a form of dementia and placed in a nursing home. No other explanation. I loved my grandma so much (she sneakily taught me how to read before I even went to school) that I decided to not see her ever again, afraid I would forget "the real her."

When I met Adelaide and Lucinda and heard their story, I realised I could have done so much more for her, if only I had a bit of support back then. She loved playing any sort of games, she loved watching the birds out of the window - I could have easily done that with her. I embarked on this journey with the two sisters in the hope of inspiring young people to spend time with their loved ones and not make the mistake I made at the time. It's not all scary in there, and there is so much that can be done.

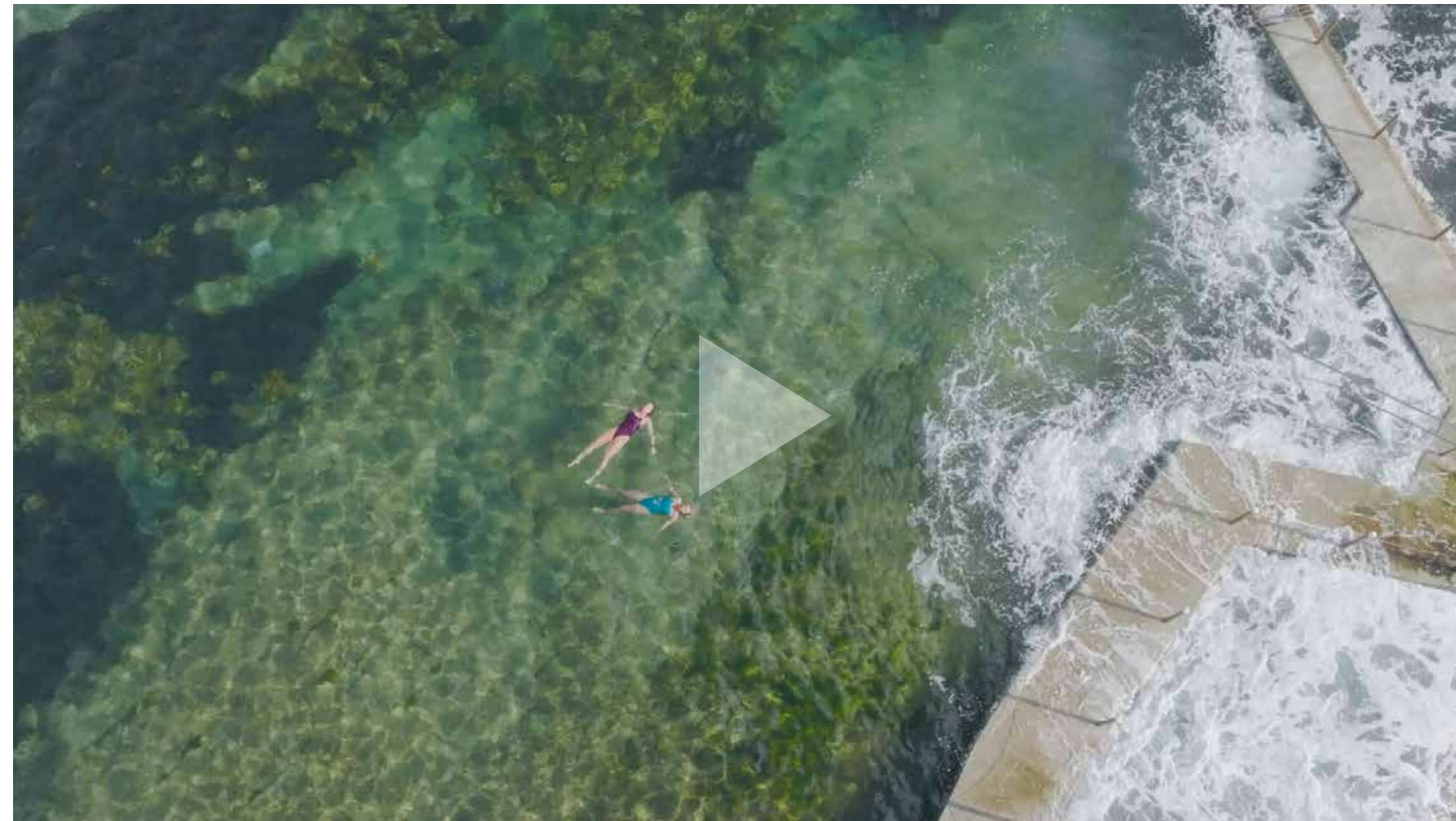
More than 1.5 million Australians care for someone living with dementia, it is the second leading cause of death for all Australians and the leading cause of death for

women. But very little is preparing us for that. I believe that we should be exposed from an early age to issues we might encounter in society later on. I chose to tell the sisters' story because it is a universal one and I believe that it is a journey that can inspire anyone. It is a gentle approach to the complex condition that is dementia for a younger audience and their families.

In this film the viewer is taken on a very intimate journey into the sisters' life, and goes through the highs and lows with them. Nansie is also sharing a lot of her thoughts, allowing us to get a glimpse of what's happening in the world of someone living with Dementia. Overall I wanted to offer a genuine insight into what many carers are going through, showing the good and the bad moments without any filters.

We encountered many obstacles during the four years of filming, mainly due to COVID and outbreaks of different diseases in the nursing home. But we used it as a chance to refine the story and our message to the public. The end might not be the end we were hoping for, but it became so much more. I've seen the sisters transform so much over the years, they started as students and are now young active women with great careers ahead of them, and I'm proud to have been a part of their journey. In terms of my own experience, it has comforted me in the idea that small stories can have a significant meaning and impact, and I'm hoping to share more stories like this in the future.

# TRAILER



*"I don't think that having dementia is difficult more than anything else, it's not gonna kill you. Unless you forget how to cross the road or something!"*

*Nansie*





DOCUMENTARY  
AUSTRALIA



# ENDORSEMENT

*"I think the heart has a memory."*

*Ita Buttrose AC OBE*

P R O F E S S O R   H E N R Y  
B R O D A T Y   A O

**UNSW**

Prof. Henry Brodaty AO is an internationally recognised authority on ageing and dementia. He is Scientia Professor of Ageing and Mental Health, Director of the Dementia Collaborative Research Centre and Co-Director of the Centre for Healthy Brain Ageing at UNSW; Director of Aged Care Psychiatry and Head of the Memory Disorders Clinic, Prince of Wales Hospital. He recently won the 'Nobel Prize for Ageing' – the Ryman Prize for 2016, an international prize for his outstanding career in researching dementia.

D O C U M E N T A R Y  
A U S T R A L I A

**Foundation**

Documentary Australia is a unique not-for-profit that supports powerful stories for social change. We connect filmmakers, activists, educators and change-makers and empower them to maximise their advocacy and impact goals. We provide approved projects with access to our Deductible Gift Recipient (DGR) status, allowing independent filmmakers to access philanthropic funding and enabling donors to tax effectively support the issues they care about.

I T A   B U T T R O S E  
A C   O B

**Dementia Australia Patron**

Ita Buttrose AC OBE has had a long association with Dementia Australia starting as a member of the NSW Advisory Committee (now disbanded), then later as National President of Alzheimer's Australia from 2011- 2014. Ms Buttrose is pleased to have the opportunity to continue her work with the organisation as a Patron.

S H A R K   I S L A N D  
F O U N D A T I O N

**Foundation**

Shark Island is private philanthropic foundation dedicated to funding documentary filmmaking in Australia. We are both filmmakers and grant funders of social impact documentaries. We understand the power of independent, cinematic storytelling and value the art of documentary. We want to ensure that the most important and challenging stories are supported and told.

# AUDIENCE

*"There is a lot that younger people can do to understand who the person is behind the dementia"*

*Prof. Henry Brodaty AO*

This film is for young people and their parents. There is a disconnect between our younger generations and people caring for a loved one living with dementia. Since Nansie moved into a nursing home six years ago, the two girls haven't seen any other young people visiting. Their goal is to become living proof that spending time with people suffering from a mental illness like dementia can still be rewarding, and often, beneficial for the individual caring as well. This film is not about blame, but rather to inspire others to support family and friends living with the disease.

Through telling their personal journey, the two sisters hope to humanise the disease, vulnerably showing all facets of their Nana's dementia. Nursing homes can be confronting places, so part of this film is about normalising this space and illustrating how we, as carers, keep our Nana's life exciting with the tools, knowledge and resources we have.



# SCHOOLS OPPORTUNITIES



*"We want to make this documentary to start a conversation between parents and children about the role that a child can have in a grandparents life in a nursing home with dementia."*

*Lucinda*

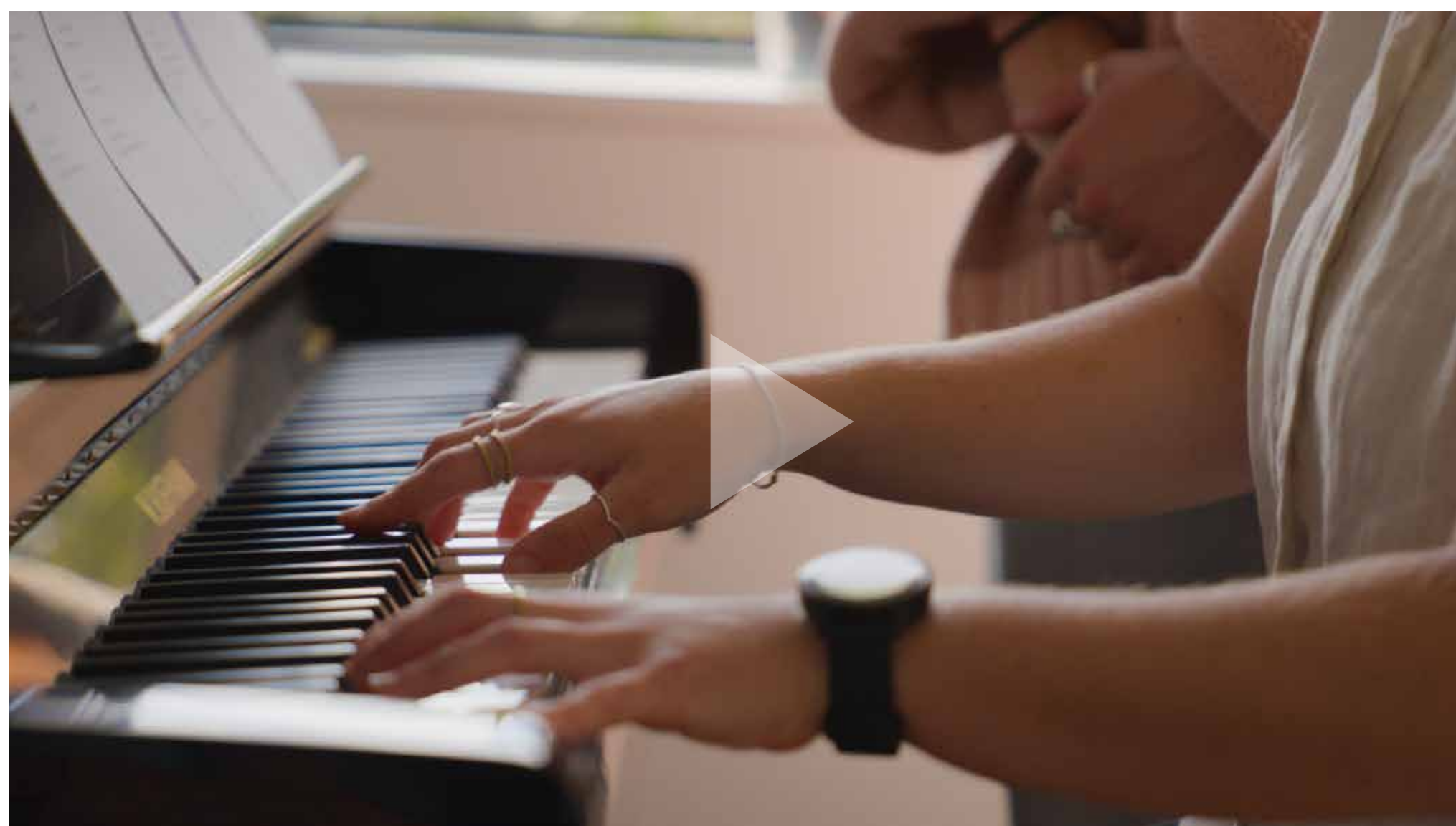
The documentary will be available for schools to share with their students, followed by an optional in person or online Q&A with filmmakers Adelaide and Lucinda Miller. This film was made by young people, for young people and the sisters believe it is vital for school students to engage with this topic of discussion, whether it be about the disease, personal journeys, the filmmaking process or the power of storytelling.

Schools in both New South Wales and Queensland have shown interest in this opportunity, with the broader vision of sharing it nationwide. Their hope is that age is irrelevant when discussing the topic of dementia, as more young people are becoming affected by the disease.

**If your school is interested in this opportunity, please get in touch with Adelaide and Lucinda.**

**[addymiller98@gmail.com](mailto:addymiller98@gmail.com) & [lucindamiller1234@gmail.com](mailto:lucindamiller1234@gmail.com)**





# ORIGINAL SONG

People often ask how our Nana is doing and at times, it's very difficult to answer that question. There is no silver lining to dementia and often it's difficult to put into words the intense emotions we feel when Nansie forgets who we are.

When we were kids, Nansie would take us to all our music lessons and stand by the piano clapping the beat of the metronome to keep us in time. Writing this song felt fitting given how integral music has been in our lives. It has allowed us to process the complex emotions we have experienced in this journey of slowly losing our Nana.

**“Coffee, laughter and music are things that keep our Nana’s life and our relationship with her alive. As she has declined, she forgets how many sugars she puts in her coffee. Because of this disease, we are trapped in a perpetual state of adolescence. When conversations become difficult, we sing”.**

**FOR MUSIC CLIP [CLICK HERE](#)**

***"I'M STILL 12 TO YOU AND NOW YOU'RE 12 TO ME...  
FOUR SUGARS IN YOUR COFFEE..."***



# ANECTODES



## THE 100KM WALK

In order to raise funds for the production, Adelaide and Lucinda decided to walk 100km from Manly Beach to Malabar Beach, which took almost 18 hours. Nansie never learnt to drive and would take the girls everywhere by foot or bus. Therefore it was fitting their choice of activity involved many steps. The sisters were overwhelmed in the support they received from their community, who contributed almost \$15,000 to production!

## COVID

COVID was a very difficult time, especially for nursing home residents because of the visiting restrictions. But the sisters and their family made sure to continue visiting Nansie, even from afar. Every week they stood below the balcony where Nansie would be, reading books to her through the window, guiding her through exercises, delivering treats, and even organising a dress up party for the Easter long weekend.

## YOUNG KATHLEEN

Creating this film meant introducing Nana to people from all walks of life who were part of our crew and cast. One of those people was Kathleen - a gun little swimmer in year 5 at the local French School. We thought Kathleen might be able to help us encourage Nana to get in the water but instead, she provided us a glimpse of a moment we hadn't seen for years. As Kathleen spoke to Nana by the edge of the pool, we watched all of Nana's maternal instincts reappear. She spoke to Kathleen like she spoke to us when we were kids and for a brief moment, her dementia wasn't at the forefront of our mind. We saw some of Nana's most defining traits come back to life.

## DAVID JONES

When Nansie migrated to Australia at the age of 15, she didn't go back to school. Instead, she started working. Her first job was modelling swimwear for David Jones. Funny for someone who didn't know how to swim... yet!



# BTS VIDEOS

[FOR BTS VIDEOS CLICK HERE](#)

# PHOTOS

[FOR HIGH RES PHOTOS CLICK HERE](#)

*"This has been an incredibly vulnerable process for us, but we hope the audience finds a piece of themselves in our story."*

*Adelaide Miller*





**THANK  
YOU**

**C O N T A C T**

**A N N A T R I C H E T - L A U R I E R**

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N A N S I E