

FIVE FEET APART

A DISCUSSION GUIDE

The film *Five Feet Apart* has sparked dialogue all throughout the cystic fibrosis community. From online to the dinner table, people with CF and their families are having discussions that perhaps they hadn't yet planned. The topics addressed in *Five Feet Apart* are important, but they are not always easy to talk about. Whether you have CF or are a parent of a child with CF, we want you to feel ready to talk about what you see in the movie.

SOME QUESTIONS TO START THE CONVERSATION*

Film Accuracy

- How do you feel about seeing CF featured in a Hollywood movie?
- How are the characters you saw in the movie different from your experience with CF?
- Let's talk about how a hospital stay looks or feels different than what the movie portrays.
- What part of the movie felt the most realistic to you? What felt unrealistic? What would you have done differently if you were making a film about CF?
- What questions do you have about the movie?

More questions
on your mind?
Write them down
to **DISCUSS**
at your next
CLINIC VISIT.

Questions the Film May Trigger

- Have kids at school asked you any questions about your/my CF?
- What kind of questions have you been getting and how have you been responding? Can I help you to brainstorm responses?
- Did the movie raise any questions for you about CF?
- The movie talks about death and dying. How did that make you feel?
- The movie focuses on being able to physically be close to people you care about. How do you feel about the "six feet rule" or the things you/we have to do to prevent infections?
- Were you surprised at any information about lung transplants in the movie? Is there anything you want to write down together to ask your/my care team about transplant?

**These questions were created for younger audiences and assuming a parent/child relationship. You may wish to adjust the language depending on your loved one's age or relationship to you.*

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HELPFUL RESOURCES

Topic

**Infection control
or the "six feet
apart" rule**

Resources

- Watch a YouTube video [explaining the science](#).
- Read this blog post: [A CF Nurse Practitioner Talks IPC and Five Feet Apart](#)
- Here are the guidelines: www.cff.org/IPCGuidelines

**Life expectancy,
death, and dying**

- Here are some perspectives from the community:
[Redefining the Definition of Wellness](#)
[How I Use the CF Patient Registry to Inform My Care](#)
- Here is the latest research:
[Highlights from the 2017 CF Foundation Patient Registry](#)
[Understanding Changes in Life Expectancy](#)

**Grief and the loss
of a loved one**

- Here are some perspectives from the community:
[Coping With the Loss of My Brother to CF](#)
[My Mother's Life Overshadowed CF](#)
[Looking for Answers When I Don't Know the Questions \(loss of a fiancé\)](#)
[Our Shared Journey \(loss of a child\)](#)

Hospitalizations

- Here are some perspectives from the community:
[Sleepovers vs. Hospital Stays: A Comparison and Survival Guide](#)
[5 Easy Ways to Make the Most Out of Hospital Stays](#)
[Managing School From a Hospital Room](#)
[How I Advocate for Myself In and Out of the Hospital](#)

Transplant

- Here is the latest information: www.cff.org/LungTransplant
- Here are some perspectives from the community:
[Keeping My New Lungs Infection-Free While Still Living My Life](#)
[That Time We Went Viral and Where We Actually Are Today](#)

Clinical trials

- Here is the latest information: www.cff.org/ClinicalTrials
- Here are some perspectives from the community:
[Why I Decided to Join a Clinical Trial on My 12th Birthday](#)
[Participating in a Clinical Trial Is Empowering](#)
[The Question to Ask Yourself When Considering a Clinical Trial](#)
[Clinical Research...Why?](#)
[Why I Took a RARE Opportunity to Help Myself and Others](#)

**Making connections
with other
community members**

- Here is a program to join: www.cff.org/PeerConnect
- Virtual events to attend: www.cff.org/VirtualEvents
- Ways to get involved: www.cff.org/Get-Involved