Outside Ethel: Inside, a clown show (though NOT a show for children), takes place on a momentous day in the life of Ethel, a woman of advanced years who lives alone (mostly) in a small bedsit in a large city. It has been some time since she dared to venture outside. Outside Ethel: Inside examines loneliness and the isolation of old age, coupled with, for Ethel, a past trauma that keeps her sheltered inside her tightly controlled world.

But she does keep trying – to leave, to connect, to bring ease and joy through her love of ballet.

Outside Ethel: Inside asks the question – can she get "bye" with a little help from her friends – the real ones, the stuffed ones, the imaginary ones?

It is a dark-tinged comedy – a dramedy. Tragedy! Loneliness! Ballet!!