



Showtiming Survival Sheet

For When Your Loved One "Performs" at the Doctor's Office

Section 1: The Reality at Home

(Use this section to jot down what the doctor doesn't see.)

Over the past week, my loved one has:

- Forgotten who or where they are
- Hallucinated people/animals/things
- Shown increased confusion or agitation
- Struggled with basic tasks (eating, bathing, dressing)
- Slept excessively / barely slept at all
- Seemed anxious, paranoid, or scared
- Had trouble speaking or finding words
- Wandered / attempted to leave the house

Other behaviors I've observed:

Tip: Bring this sheet or email it to the doctor ahead of time.

Section 2: Quick Snapshot for the Doctor

(Use this to gently advocate during appointments.)

"Doctor, I just want to share what I've been noticing at home. While my loved one seems conversational today, these are some regular challenges we face..."

Examples to say aloud:

"He hasn't recognized me several times this week."

"This morning, she didn't know how to get dressed."

"Most days, he can't complete a sentence, but he's rallying right now."

"I'm concerned the symptoms are getting worse, even if he seems 'on' today."

Section 3: What to Know About Showtiming

- **Showtiming** is when someone with dementia suddenly seems sharper in social settings or doctor visits than they are day-to-day.
- It's **not intentional lying**—it's a temporary performance, often triggered by adrenaline, habit, or a desire to please.
- **You're not imagining things.** What you see at home is valid and important.

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Section 4: Notes & Reflections

A place for your thoughts:

1. What specific behaviors do I want to bring up?

2. What's changed since the last appointment?

3. How am I coping as a caregiver right now?

You are doing the real, hard, invisible work. Just because your loved one can put on a show doesn't mean you're overreacting—it means their brain is trying its best to adapt. And so are you.

Deep breaths, dear heart. You're not alone. And you're not crazy.

Want More Helpful Printables?

Visit [Living with Lewy Nora's Nook] to download more real-talk resources for caregivers with heart, humor, and hope.



With warmth and wonder,

Nora