



# Good Day / Bad Day Stability Guide

## Managing Cognitive Fluctuations in LBD

### Fluctuations in Lewy Body Dementia May Include:

- Sudden clarity
- Sudden confusion
- Energy shifts
- Increased hallucinations
- Temporary independence
- Rapid fatigue

Fluctuations are a hallmark feature of LBD.

Capacity can expand and contract.

### STEP 1: Track Patterns (Not Single Days)

Observe over weeks:

- Sleep quality
- Medication timing
- Time of day
- Stress levels
- Illness symptoms
- Overstimulation

Trends matter more than isolated moments.

### STEP 2: Decision Guardrails

Avoid major decisions based on:

- One good day
- One bad day

Wait for patterns before adjusting:

- Care level
- Appointments
- Living arrangements
- Support plans

### STEP 3: Capacity Language Reset

Instead of:

- ✗ “He’s better.”
- ✗ “He’s worse forever.”

Try:

- ✓ “Capacity is higher today.”
- ✓ “Capacity is lower today.”

This protects emotional balance.

### STEP 4: Caregiver Grounding

When whiplash hits:

1. Pause.
2. Slow breathing.

3. Review recent pattern notes.
4. Avoid catastrophic thinking.
5. Revisit care plan calmly.

## WHEN TO CONTACT A PROVIDER

- Sharp, persistent decline
- New aggression
- Major sleep disruption
- Signs of infection
- Medication changes

Sudden changes may be medical.

## Final Reminder

Fluctuations are neurological.

They are not proof of reversal.

They are not proof of immediate collapse.

Steady observation reduces emotional whiplash.

— Nora Poppins  
LivingWithLewy.net