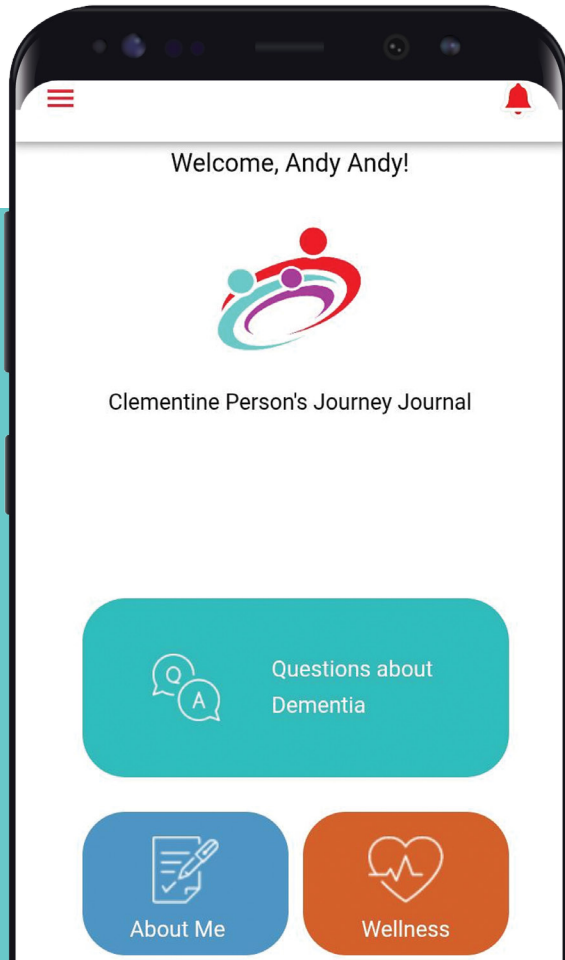




ODJJ
Our Dementia
Journey Journal

Download the New Our Dementia Journey Journal App

The ODJJ is an interactive tool that was co-designed with and for caregivers, care providers, and people living with dementia to help foster strong relationships and good communication between them along the dementia journey.



APP FEATURES

- **Ask:** Record and answer questions for upcoming appointments.
- **Share:** Connect and communicate with others in your Circle of Care by sharing updates and photos.
- **Track well-being:** Monitor your wellness over time.
- **Reflect:** Journal your feelings, make notes, or share reflections.
- **Get Help:** Compile useful tools and resources, such as important contacts, in a way that makes sense to you
- **Chat:** Chat with your Circle of Care



Once downloaded, you can visit our website for a guide on how to setup your app.

The app is available in English, French, Hindi, Punjabi and a First Nations Version.