

# A Dementia Circle of Care Rooted in Community



**ODJJ**  
Our Dementia  
Journey Journal

The First Nations version of the Our Dementia Journey Journal (ODJJ) is a resource designed with and for First Nations people living with dementia, their care providers, caregivers and Elders to support relationship-building and information-sharing.



Dementia care is not the responsibility of one person - it requires an interconnected Circle of Care, one which describes the reciprocal relationships that support the person living with dementia.

This includes caregivers, family, friends, Elders, Knowledge Keepers and Traditional Healers, personal support workers, nurses, and neighbours. The Circle of Care is a wholistic view of living and caring for each other that has always been part of First Nations cultural beliefs.

*"... whether they continue to use it or not, it has opened the doorway to have that conversation around isolation... During a visit in the home of a participant the community champion shared now that they know about the caregivers' feelings of isolation and that they can rally help and support... sharing that they (community champion) can do things to support the caregiver and make sure that they are cared for and that they have visitors..."*

*- SE Health First Nations, Inuit and Métis Program Engagement Liaison*

### Interested in creating your Circle of Care?

Access the ODJJ resource and support materials by scanning this QR code or visiting our website at [www.odjj.ca](http://www.odjj.ca).

