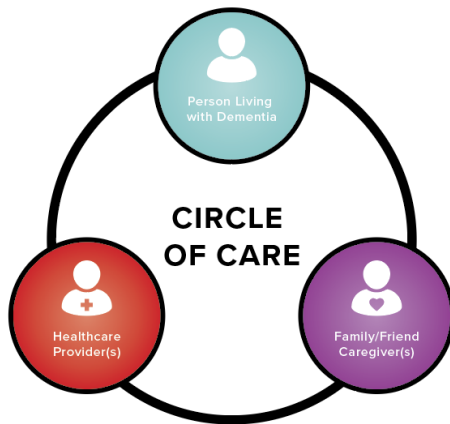


Build Your Circle of Care Using Our Dementia Journey Journal



ODJJ
Our Dementia
Journey Journal

Our Dementia Journey Journal (ODJJ) is a resource designed to support relationship-building and information-sharing between caregivers, care providers, and persons living with dementia.



The Circle of Care is made up of a person living with dementia, their family and friends in caregiving roles and health and social care providers such as personal support workers, nurses, doctors, social workers and the broader community. Your Circle of Care is a unique dynamic where you can communicate needs and support throughout the dementia journey, enabling collaboration to better support a person living with dementia.

Discover how to Share More, Care Together and Stay Connected by identifying your Circle of Care and use the ODJJ to support your needs.

Visit the Our Dementia Journey Journal website at www.odjj.ca to learn how care is not the responsibility of one person—it's a shared circle.

To access more resources, scan the following QR code or visit the link.

