



ODJJ
Our Dementia
Journey Journal

WWW.ODJJ.CA

Our Dementia Journey Journal:

First Nations Project Summary

*Share more.
Care together.
Stay connected.*

The Our Dementia Journey Journal

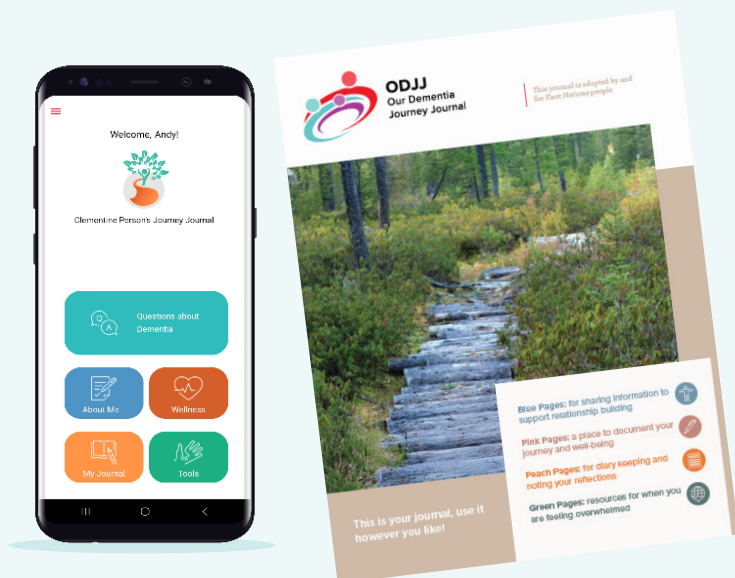


Our Dementia Journey Journal (ODJJ) is a resource designed to support relationship-building and information-sharing between caregivers, care providers, and person's living with dementia. The dynamics along the dementia journey are represented by the 'Circle of Care', which includes family members and friends in caregiving roles, as well as health and social care providers, such as PSWs, nurses, doctors, and the broader community. 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.

The first version of the ODJJ was co-designed for First Nations communities in collaboration with Elders, Knowledge Keepers, and community members from Sagamok Anishnawbek First Nations, Thessalon First Nation, Sault Ste. Marie Indigenous Friendship Centre, and other individuals from across Canada. Input gathered helped to inform the cultural safety of this resource.

The ODJJ was launched for trial use between June 2024 and January 2025 with community members from the Garden River First Nation, Thessalon First Nation, and Sagamok Anishnawbek First Nation in the North Shore region of Ontario. It is now available to anyone to use as part of their care.

Key Features of the ODJJ



- **ASK:** Record and answer questions within the Circle of Care.
- **SHARE:** Share words, pictures and videos with your Circle of Care
- **TRACK WELL-BEING:** Monitor wellness over time
- **REFLECT:** Journal and share notes or reflections
- **RESOURCES:** Collect information from sources like the Alzheimer Society
- **CHAT:** Send and receive messages and updates within the Circle of Care



Why use the ODJJ?

The ODJJ offers a variety of ways to provide:

1. Help the circle of care provide person-centered care
 - “The ODJJ helps keep focus on quality of life and care ... Also helpful for future PSW’s coming into care to understand who they [persons living with dementia] are as a person and how much we care about them” - First Nations Caregiver
2. Support caregiver well-being
 - “...not only does it focus on the caregiver and what works for them [PLWD] but also I noticed that it is also for the caregiver as myself and then how it reminds me that I need to take care of myself.” - First Nations Caregiver
3. Help provide culturally relevant dementia support for First Nation communities
 - ... 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

Next Steps

The ODJJ is now available to more caregivers or care providers. To learn more, follow the links/ QR codes below.

To access more resources and implement the ODJJ in your community, visit our website at www.odjj.ca.



To get support in implementing the ODJJ in your community, please contact Doris Warner, Engagement Liaison, SE Health First Nations, Inuit, and Métis Program at DorisWarner@sehc.com or 647-327-7935.

