

Enhancing Person-Centered Dementia Care: The ODJJ's Impact on the Circle of Care



ODJJ
Our Dementia
Journey Journal

Our Dementia Journal (ODJJ) is a co-designed resource created to support person-centered dementia care by facilitating relationship-building and information-sharing between caregivers, care providers, and persons living with dementia. This collaboration is reflected in the Circle of Care—the network of family members, friends and health and social care providers involved in supporting the person living with dementia.

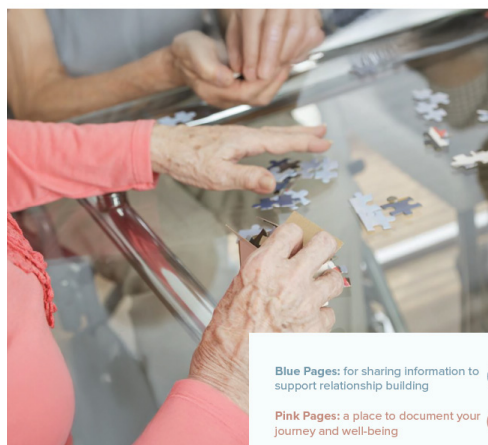
This ODJJ is free and publicly available as a mobile application (Apple and Android) or in a paper-based format. It is available in English, French, Hindi, Punjabi, and includes a First Nation version to reflect cultural and community-specific needs.

Key Features:

- *Ask: record and answer questions*
- *Share: Share words, picture and videos*
- *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*

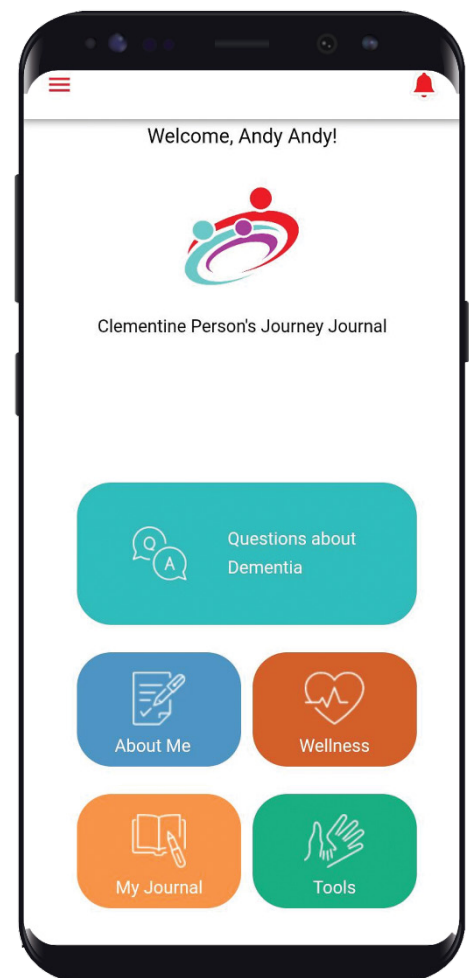


This journal is adapted by and for the general public



This is your journal, use it however you like!

- **Blue Pages:** for sharing information to support relationship building
- **Pink Pages:** a place to document your journey and well-being
- **Peach Pages:** for diary keeping and noting your reflections
- **Green Pages:** resources for when you are feeling overwhelmed



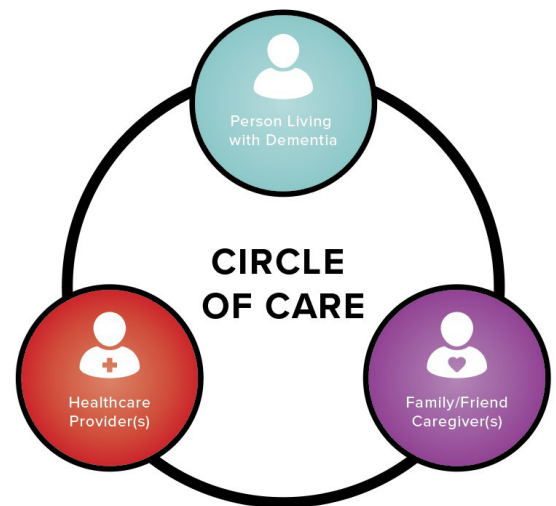
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Key Messages

- *More support to caregivers*
- *Tools to Learn about dementia & dementia care*
- *More ways to provide person-centered care*
- *More access to dementia care resources*
- *More dementia care resources tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities)*
- *Conversations to help de-stigmatize dementia*



"... Everyone feels like you're alone in this whole thing, right? And this whole process. So, when we start talking about resources that are available, then everybody sits up and listens. And also it's good to know how each one manages their day. ... this app also kind of draws us closer together..."

- Caregiver

To access more resources to share the ODJJ with others, visit our website at www.odjj.ca.

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

