

Introduction to the Our Dementia Journey Journal App

A step-by-step guide for caregivers, care providers, organizations
and groups



ODJJ App Tutorial

Available App Versions



Devices

- IOS and Android
- Mobile phones and tablets
- Note: Dev vs Prod environment

Adaptations

- Generic
- First Nations
- South Asian

Languages (both versions)

- English
- French
- Hindi
- Punjabi



Our Dementia Journey Journal Features



**Pose and
answer
questions**



**Share with
your Circle of
Care**



**Track your
well-being**



**Journal and
Reflection**



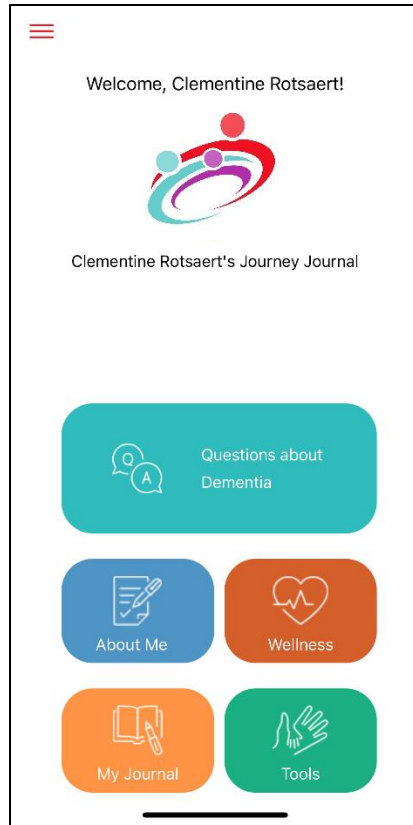
**Collect
useful
resources**



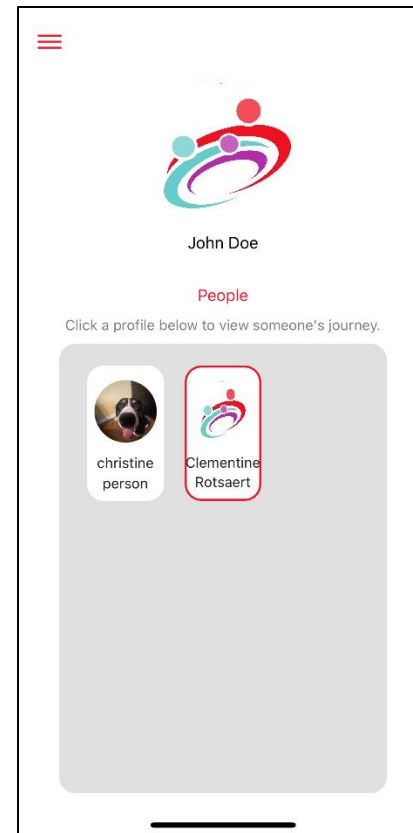
Chat



App Home Page



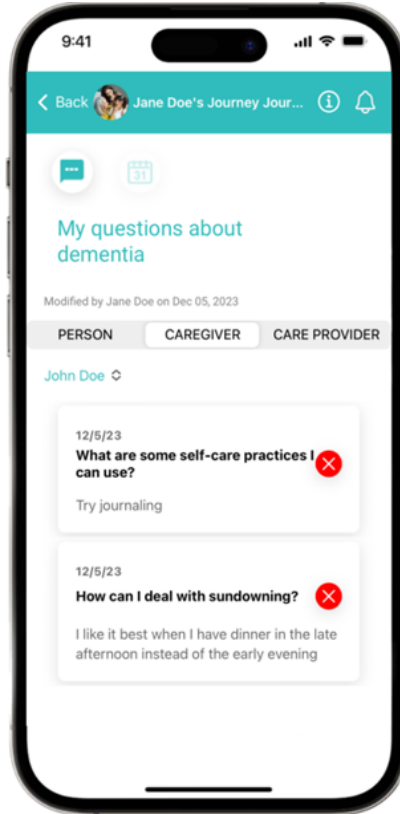
PLWD accounts directly open to the app's main features



For caregiver and care provider accounts, you must select a circle of care before accessing the app's features



Ask: Pose and answer questions



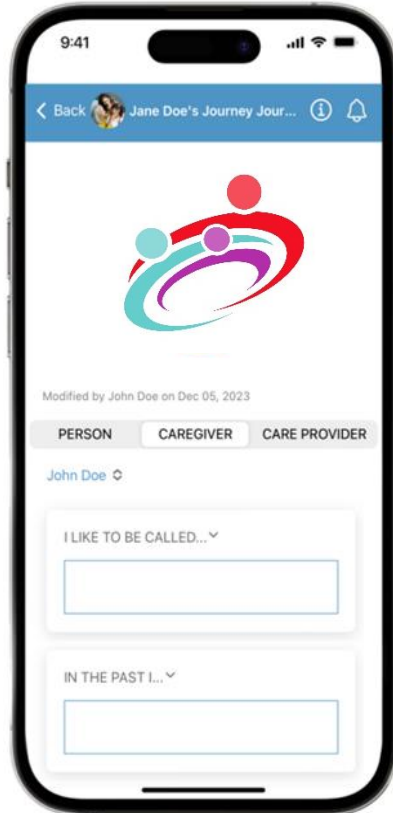
This is a space to record your questions for the other members of the Circle of Care.

Functions:

- *Pose new questions*
- *View and respond to questions of other users*
- *Sort questions by date*



Share: Get to know and communicate



Every member of the Circle of Care can fill out the **All About Me** activity to share important information about their life history with the rest of the team.

Functions:

- *Respond to the standard prompts*
- *Create your own prompts to respond to*
- *Complete for yourself or the PLWD*
- *View the responses of other users*



Share: Get to know and communicate

Every member of the Circle of Care can fill out the **Top 5 Things** activity to share the 5 most important things about themselves.

Functions:

- *Fill out a "thing" and a reason for each one*
- *Complete for yourself or the PLWD*
- *View the responses of other users*

9:41

< Back Jane Doe's Journey Jour... ⓘ 🔔

Top Five Things About Me

PERSON CAREGIVER CARE PROVIDER

John Doe ↕

1. _____ ▾ ✎

2. _____ ▾ ✎

3. _____ ▾ ✎

4. _____ ▾ ✎

5. _____ ▾ ✎

Save



Share: Get to know and communicate

Create a visual representation of your experiences and expectations of dementia care out of your pictures or magazine and newspaper clippings.

Functions:

- *Upload pictures from your camera roll, the app's stock gallery, the app gallery, or camera*
- *Add a caption*
- *Complete for yourself or the PLWD*
- *View the responses of other users*



Track your well-being

A space to write down your worries and concerns and share them with other members of the Circle of Care.

Functions:

- *Fill in the textboxes following the prompts*
- *Complete for yourself or the PLWD*
- *View the responses of other users*

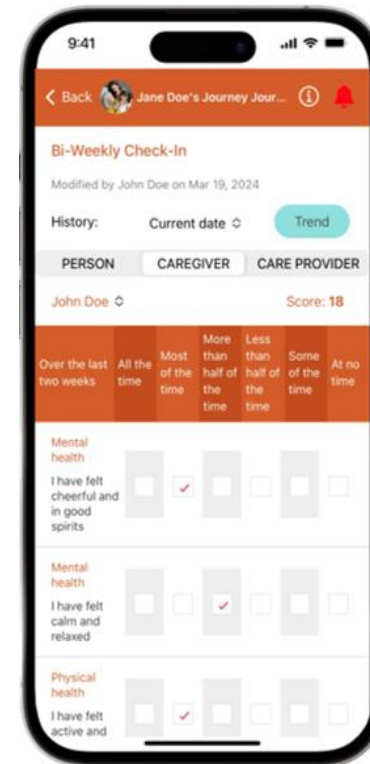


Track your well-being

All members of the Circle of Care are encouraged to complete this **well-being questionnaire** every 2 weeks and calculate their score to reflect on how they're doing.

Functions:

- Tap checkboxes to answer survey and get a score out of 25 (i.e., best possible well-being)
- View trend of your 2 week average score
- Sort entries by date
- Complete for yourself or the PLWD
- View the responses of other users

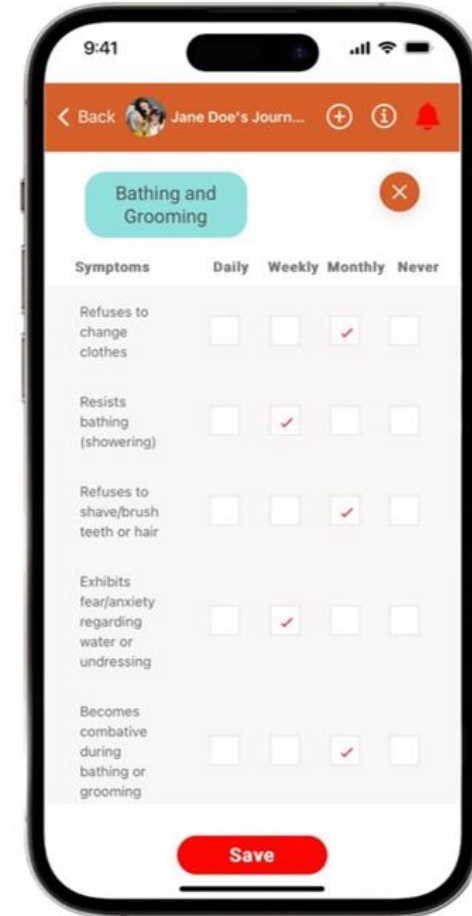


Track your well-being

Record the type and frequency of the symptoms that the person living with dementia is experiencing.

Functions:

- *Select symptom category*
- *Tap checkboxes to change frequency*
- *Add and edit your own symptoms*
- *Complete for the PLWD*

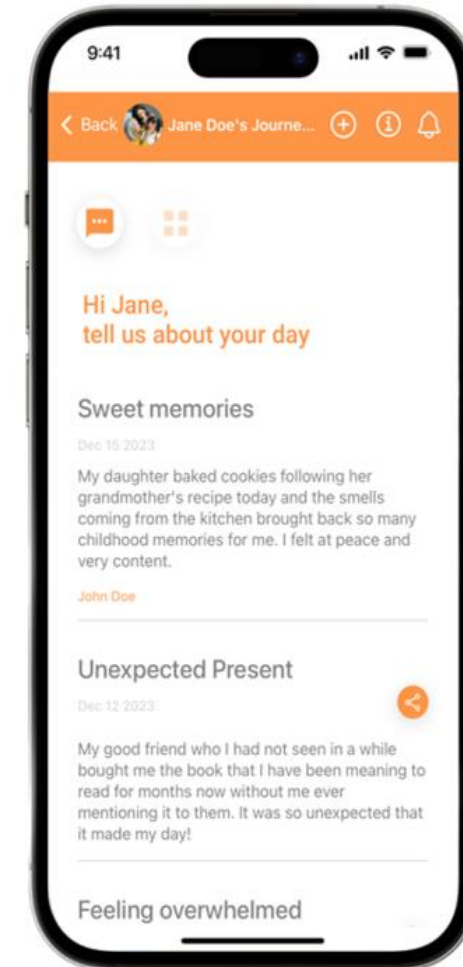


Reflect: Journal and Reflection

Use the **diary entries** section to freely write down your thoughts or follow the prompts in the **joyful journaling** section to help you focus on positive aspects of the journey.

Functions:

- *Create journal entries with a title, caption, and photos/videos*
- *Keep them private or select other users to share them with*
- *Sort entries by date*

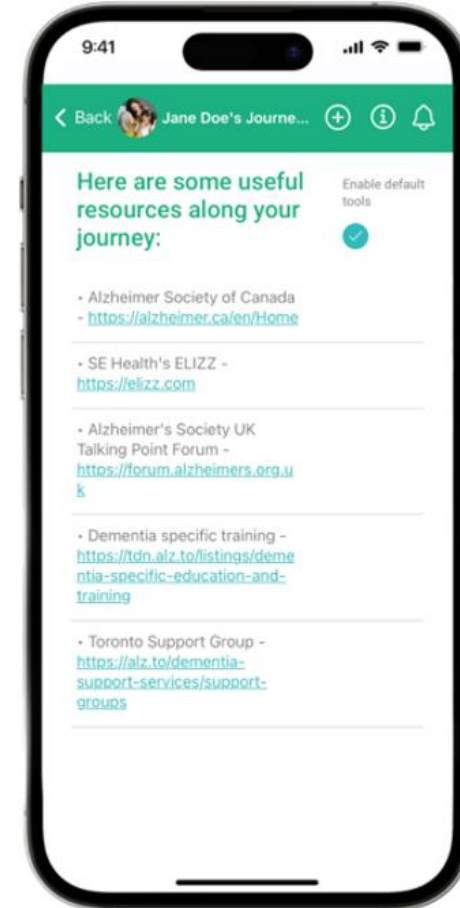


Get Help: Collect useful tools

Find a list of resources that you may find helpful to consult throughout your journey including talking points, trainings, and support groups.

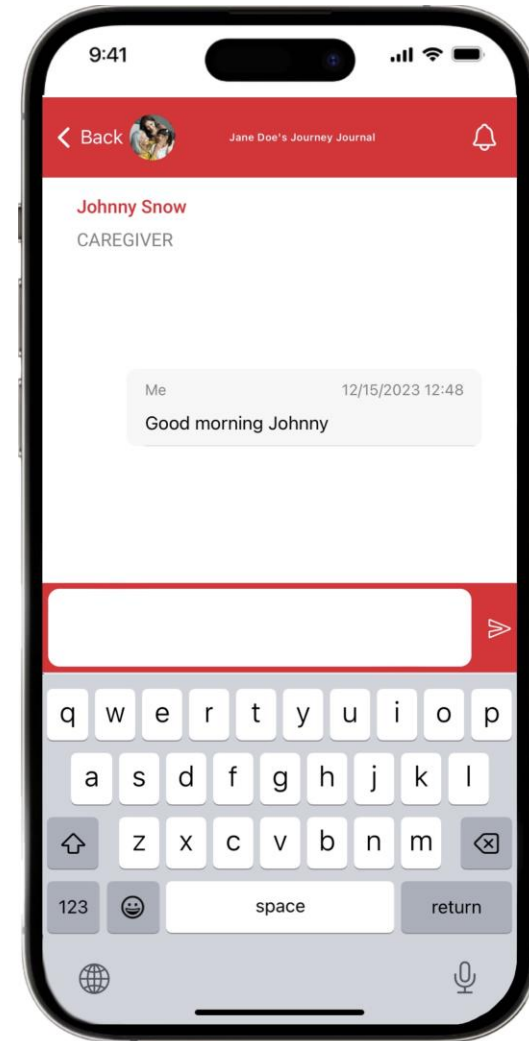
Functions:

- *Access standard list of resources*
- *Upload your own resources as links, files, or pictures*



Get Help: Chat function

Use the chat feature in the app to send direct messages to any member of the Circle of Care.



Share Contact Information

Each member of the Circle of Care can fill out their contact information under their profile so the rest of the team can reach them more easily.

Function:

- *Change profile picture*
- *Change name*
- *Complete contact information*

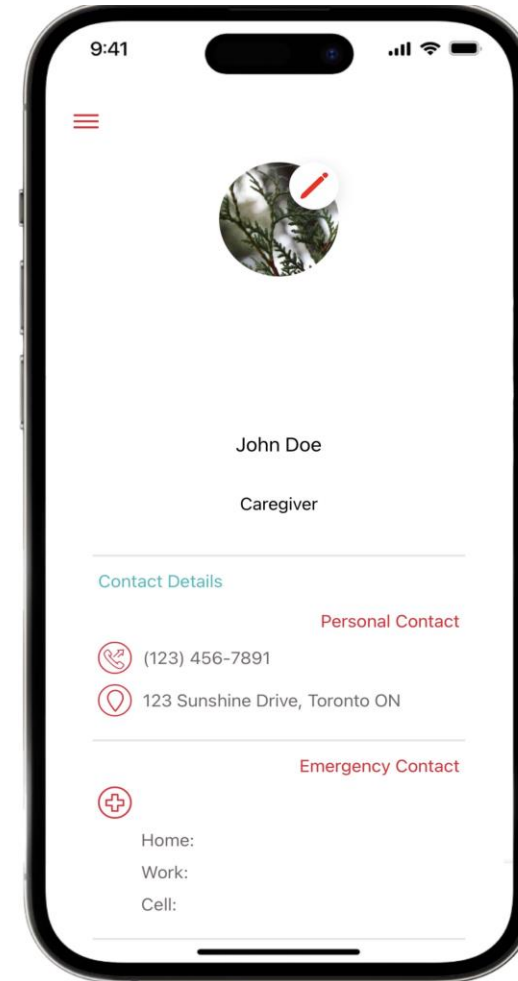


Photo Gallery

You can upload pictures and videos from your camera roll into your Personal Gallery in the app.

Suggestions:

- *Attach images to your journal posts, questions, or as resources*
- *Upload them to the care collage*
- *Customize profile pictures and banner images throughout the app to make it your personal tool*



Your data

All data entered into the ODJJ app is stored on secure SE Health servers and is private and confidential

SE Health does not have access to the data you put into the app. This information can only be seen by members of your circle of care.

For more information about our privacy policy, visit this link: [Privacy Policy](#) or view within the App.



App Implementation

Onboarding new site and users

App Download Links



How to create NEW Accounts: New circle of care

You will create 2 accounts: 1 for a caregiver/care provider and 1 for a “Person”

- Note: You will need a different email address for each account.

Steps:

1. Select register on the log in screen and create an account for the “Person”
2. Create another account for the caregiver/care provider using a different email
3. Once accounts are approved on the ODJJ portal, login to the “Person”
4. account
5. Select the Circle of Care tab under the Main Menu and invite the caregiver/care provider using the email address associated with their account
6. Log into the caregiver/care provider account and accept the invitation under the Circle of Care tab under the Main Menu
7. The “Person” account can now become dormant



Account Creation: New circle of care

Your turn! Try the following using the instructions from the previous slide

1. Create 1 Person Account
2. Create 1 Caregiver/Provider Account
3. Link Accounts



Account Creation: Existing circle of care

Steps:

1. Select register on the log in screen and create a caregiver/care provider account
2. Once the account is approved on the ODJJ portal, any account already linked to the existing circle of care can send an invitation to the newly created account
3. Select the Circle of Care tab under the Main Menu and invite the new caregiver/care provider using the email address associated with their account
4. Log into the caregiver/care provider account and accept the invitation under the Circle of Care tab under the Main Menu



Account Approvals

The SE team will be approving all accounts – within 24 hours of account creation.



Onboarding Process for New Organizations & Groups

Process:

1. *Orient implementation team and users to ODJJ and the app*
 - *Resource - App download guide*
2. *Establish workflow (i.e., select key features to be regularly used and for what purpose within your circle of care)*
3. *Provide resources and support to users*
 1. *Support account set up*
 2. *Offer ongoing support*
 - *Report to questions/concerns/feedback/bugs to SE team*
 - *Provide additional materials or support as needed*



Organization and Group Use

Suggestions for site accounts:

1. Create 1 general staff/group account (e.g. Adult Day Program Staff, LTC Home Recreation Staff, Caregiver Support Group Staff)
2. Families can invite this account to their circle of care & begin communicating
3. This will help with sustainability, privacy and management of the app so multiple staff/members can access the app



User Support

User Support Resources

The resources below are available for all sites/users on the ODJJ website

Resource	Content
In-App Tutorial Videos	Videos walking through the features and functions of each section of the app (under the (i) tab on each page)
App Download & Set Up Guide	Step by step instructions to download the app, create accounts, and form a Circle of Care (on our website)
ODJJ Website (www.odjj.ca)	Contains information on the ODJJ project background, introductory videos and materials
FAQ	Standardized list of questions also found on the ODJJ website



Bugs / Glitches / Feedback

What to Do If Something Goes Wrong

If you're experiencing an issue with the app, try these steps:

Steps	Content
1	Try the action again to see if the issue happens more than once.
2	Close and reopen the app (swipe it away, then tap to open it again).
3	Restart your phone or tablet. This can often fix small problems.
4	Try the action again to check if the issue is still happening.
5	If the problem continues, please contact us at odjj@sehc.com and let us know what happened and the steps you took to find the issue.



We really appreciate your help in trying out the ODJJ app and making it better for everyone!