



ODJJ
Our Dementia
Journey Journal

WWW.ODJJ.CA

Our Dementia Journey Journal:

App Setup Guide

*Share more.
Care together.
Stay connected.*



We are delighted to have you on board to try out the Our Dementia Journey Journal (ODJJ) App! This app is designed to support strong partnerships between people living with dementia, their caregivers, and care providers.

1. Downloading and installing the app:



2. Creating an account on the app:

A. Upon opening the app, select “Register” to create an account. There are 3 types of accounts that can be created:

ACCOUNT TYPE	DESCRIPTION
Person Living With Dementia	▶ Person receiving care
Caregiver	▶ Family and friends in caregiver roles
Care provider	▶ Healthcare staff, including healthcare aides/personal support workers, nurses, recreation therapists, and other professionals involved in the care of people living with dementia



B. If you are establishing a new circle of care (if not, see C below):

You will create 2 accounts—1 for yourself (i.e., caregiver or care provider) and 1 for the person living with dementia. You will need a different email address for each account.

Please note that you must first create an account for the person living with dementia before you can add them to a Circle of Care.

- i. Start by creating an account for the person living with dementia by clicking on “Register” on the log in screen.
 - ii. Fill in each box with their information. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.
 - iii. Select “I consent to create an account on behalf of a person living with dementia”.
 - iv. Click “Register” at the bottom of the screen. You will be redirected to the log in page.
 - v. Now create the caregiver/care provider account by clicking on the “Register” button on the log in screen again.
 - vi. Fill in each box with your own information this time. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.
 - vii. Select “I consent to create an account for myself”.
 - viii. Click “Register” at the bottom of the screen. You will be redirected to the log in page.
- Once you have created an account, it must be activated by a member of our team before you can log in. You will receive a confirmation email from our team once your account is activated after a maximum of 1 business day. If your account has not been approved within 1 day, please email odjj@sehc.com.
 - When your account is activated proceed to step 3 “**Forming A Circle Of Care**” below.

TIP—Use this chart to keep track of the log in credentials for each of your accounts:

Email	Role (i.e. Caregiver, PLWD)	Password



C. If another user would like to add you to their existing circle of care:

You will create an account for yourself (i.e., caregiver or care provider) using an email address.

- i. Click on the “Register” button on the log in screen.
- ii. Fill in each box with your information. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.
- iii. Select “I consent to create an account for myself”.
- iv. Click “Register” at the bottom of the screen. You will be redirected to the log in page.

- Once you have created an account, it must be activated by a member of our team before you can log in. You will receive a confirmation email from our team once your account is activated after a maximum of 1 business day. If your account has not been approved within 1 day, please email odjj@sehc.com.
- When your account is activated proceed to step 4 “**Accepting A Circle Of Care Invitation**” below.


TIP—Use this chart to keep track of the log in credentials for each of your accounts:

Email	Role (i.e. Caregiver, PLWD)	Password



3. Forming a circle of care:

To access all of the features in the app and interact with other users, you will need to link all of your accounts by forming a circle of care. The circle of care consists of the person living with dementia, their caregivers (family and friends in caregiving roles) and their care providers (healthcare staff). Follow the steps below to create your circle of care:

1. Once your person living with dementia account has been approved, log into it by typing in the email and password for that account in the fields provided on the log in page.
 2. Once you're logged in, tap the Main Menu icon in the top left corner of the screen.
 3. Select the "Circle of Care" tab in the Main Menu.
 4. Click on the  button next to caregiver or care provider to invite the other members of your circle of care using the email addresses for their ODJJ accounts.
 5. Now log out of your person living with dementia account by tapping on the Main Menu icon in the top left corner of the screen again and clicking "Log Out" at the bottom.
- Caregivers and care providers will receive an email invitation to join the circle of care. Please see step 4 below on how to accept an invitation.
 - The person living with dementia account can now become dormant because anyone in the circle of care can send out invitations once they've joined the circle.

4. Accepting a circle of care invitation:

Once you have received an email invitation to join a circle of care, follow the steps below to accept the invitation:

1. Log in to your caregiver or care provider account by typing the email and password for that account in the fields on the log in page.
2. Tap the Main Menu icon in the top left corner of the screen.
3. Select the "Circle of Care" tab in the Main Menu.
4. Select the "Received invitations" tab at the top.
5. Click "Accept" on the invitation. You will now be a part of that person's circle of care and can view all the content related to their care in each section of the app.

5. Tips to explore the ODJJ app:



Explore the App: We encourage you to try out all the different activities and features available within the app



Learn About the Features: Click on the information button in the top right corner of each section of the app to access tutorial videos about the function of each section.



Engage with Your Circle of Care: Interact with other members of your circle of care as frequently as possible. We recommend logging in at least once a day for a minimum of 10 minutes.



Provide Feedback: Please make a note of any issues you encounter while using the app, any parts that are not intuitive or difficult to understand, and any ideas for improvement using the template provided.



6. Resources Available

Resource	Description
The ODJJ Website	Read more about the ODJJ and access resources including video tutorials and app set up guides
ODJJ App Tutorial	An overview of the ODJJ app.
In-App Tutorial videos	Video tutorials within the ODJJ app show you how to use each section. These videos can be accessed from the information page of each section of the app at any time

7. Questions or Issues

If you have any questions or experience any issues while using the app, contact the ODJJ support email at: odjj@sehc.com.