

Our Dementia Journey Journal at a Glance

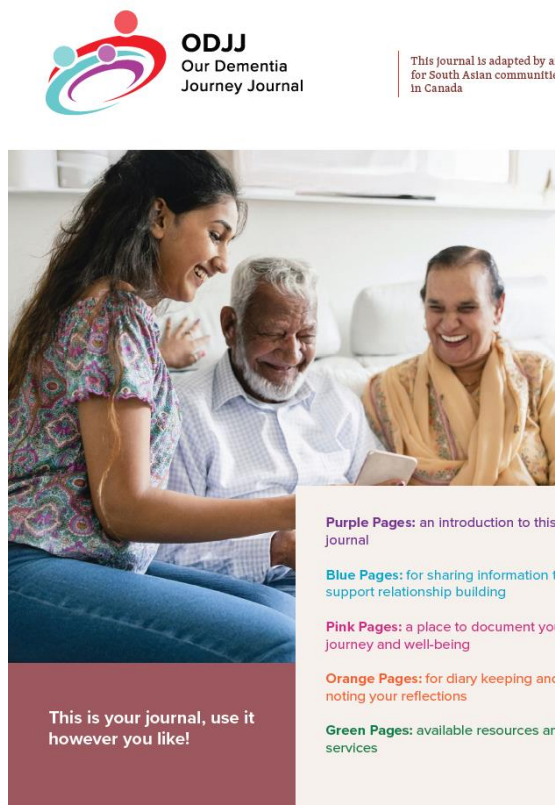
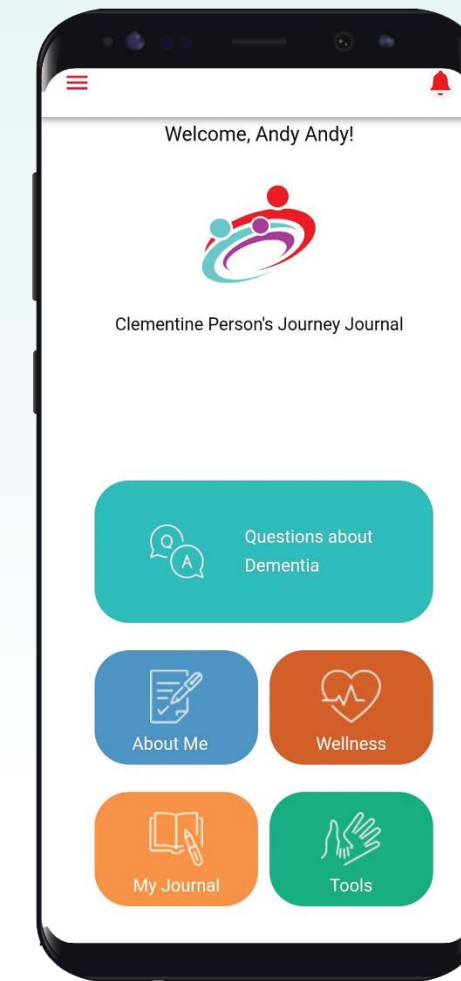
“Share more. Care together. Stay connected.”



ODJJ
Our Dementia
Journey Journal

Our Dementia Journey Journal Overview

- The Our Dementia Journey Journal (ODJJ) is a FREE interactive resource created in collaboration with persons living with dementia, their family and friend caregivers, as well as health and social care providers.
- It aims to enhance relationship building and communication throughout the dementia journey.
- The ODJJ is accessible throughout Canada.
- Formats - Apple and Android or paper-based resource
- Adaptations - Generic, First Nations, and South Asian
- Languages - English, French, Hindi, and Punjabi



ODJJ FEATURES



Ask: Record and answer questions within the Circle of Care.



Share: Share words, pictures and videos with the 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.

Key Messages and Benefits of ODJJ Implementation and Use

1. Provides more support to caregivers and their well-being
2. Promotes learning about dementia & dementia care
3. Enables better communication to promote person-centered care
4. Increases access to more dementia care resources
5. Offers more dementia care resources tailored to specific communities (First Nations, French, South Asian communities)
6. Helps 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

Interested in Learning More?

1. Visit our website to explore the ODJJ further (www.odjj.ca)
2. If you'd like to share or promote the ODJJ to your community or organization, visit our **promotional resource page** on our website
3. If you'd like to access resources to implement or use the ODJJ in your organization, community, or group, visit our **Organizations and Groups** resource page on our website