



**ODJJ**  
Our Dementia  
Journey Journal

[WWW.ODJJ.CA](http://WWW.ODJJ.CA)

# ODJJ Implementation Guide

Part 1: Our Dementia Journey Journal Overview

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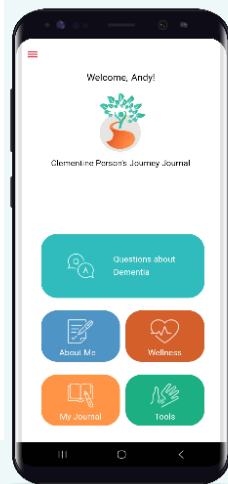
*Share more.  
Care together.  
Stay connected.*

# PART 1: OUR DEMENTIA JOURNEY JOURNAL OVERVIEW

The document provides an overview of the Our Dementia Journey Journal (ODJJ) and the resources available to support promotion, implementation and use. The ODJJ is a free resource aimed at improving communication among caregivers, care providers, and people living with dementia. Available in multiple languages, including English, French, Hindi, and Punjabi, versions for the South Asian. The ODJJ can be utilized in various settings across Canada, including care homes (continuing care, long-term care, retirement), adult day programs, community groups and organizations and more.



The ODJJ offers a variety of tools:



- **Support caregivers and their well-being**
- **Learn about dementia and dementia care**
- **Provide person-centered care**
- **Access to dementia care resources**
- **Access dementia care resources tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities)**
- **Open up conversations to help destigmatize dementia**



## PART 2: WHAT'S IN THE ODJJ?

The ODJJ contains a series of activities for everyone involved in the circle of care to participate in. It is a dynamic, interactive tool that can be used creatively to meet the circle of care's unique needs along the dementia journey. In the journal, there are 5 main features to:

- Ask questions
- Share personal information
- Track their well-being
- Reflect on their journey
- Access helpful resources

The ODJJ exists as a paper-based tool and an app available on any mobile phone and tablet. You are welcome to implement one or both formats of the ODJJ with your community.

### The Paper Tool

- **The paper version of the ODJJ is available for download on our website. We recommend printing off the resource and keeping it in either a duo-tang or a binder**
- **Additional copies of the ODJJ activities can be downloaded from the ODJJ website or photocopied ([www.odjj.ca](http://www.odjj.ca))**

### The App

- **The ODJJ app is available for download on the [Google Play](#) and [App Store](#)**
- **When downloading the app, this guide may be helpful for setting up accounts**



# PART 3: RESOURCES

This section provides a curated set of tools, educational materials, and interactive activities designed to facilitate the implementation and use of ODJJ in organizations and groups. These resources are all available on our website ([www.odjj.ca](http://www.odjj.ca)) and are tailored to meet the diverse needs of participants, whether they are family/friend caregivers, care providers, or community organizations/groups.

## Learn about the ODJJ

### Implementation Guide

The implementation guide for **'Supporting Organizations & Groups to Introduce ODJJ'** is to offer support in introduction, orientation and early adopting of the Our Dementia Journey Journal (ODJJ). Whether you're a caregiver group or health organization supporting your care teams, this list of resources will support you in adopting and embedding the ODJJ into your care environment.

### Project Summary

#### **What it is**

The Project Summary is a brief, one-page document of the Our Dementia Journey Journal (ODJJ) background. It highlights the who, what, where, when, and how through offering insight into how it was co-designed with caregivers, care providers and community organizations; including the sites it was piloted and brief overview of key features, key messages & testimonials.

#### **Purpose:**

The purpose of this resource is to introduce and promote the ODJJ to your networks, other organizations, and the broader community. This resource provides a credible description of the project by briefly describing the background research (evaluation of trials & outcomes). It can be shared in presentations, outreach materials and newsletters.



# PART 3: RESOURCES

## How to use

- Introduction of the ODJJ to frontline care providers (nurses, PSW's etc.,)
- This resource can be included in onboarding packages or staff training materials for background context
- Internal bulletin boards to increase awareness of ODJJ, along with the show the credibility of the tool and co-designed background
- To support leadership, community champions, and promotion to staff, partners, funders
- Internal buy-in through presenting the summary to leadership or staff and the alignment with person-centered care that the ODJJ brings
- Distribute at local health & wellness workshops, information sessions, conferences Support community members to introduce and spread the word of the ODJJ within their networks.
- Integrate into email campaigns, newsletters or website
- Discuss in team meetings to explore the ways the ODJJ can support care planning and communication

## Past Experiences from Communities (Testimonials) (Generic & First Nation version)

### What it is

This is a visually engaging, printable or digital poster that includes quotes from caregivers, care providers, or community champions who have used the Our Dementia Journey Journal (ODJJ). It comes in two versions:

- **Generic Version:** Reflects caregiver or care providers experiences across all communities
- **First Nations Version:** Reflects culturally relevant quotes, First Nation Circle of Care graphic and aligned messaging.



# PART 3: RESOURCES

## **Purpose**

The purpose of this poster is to be emotionally appealing, along with building trust through authentic voices from those who have used the ODJJ. These posters can support in reducing stigma, encourage conversation and promote adoption by offering real insights from users. The First Nations version also honors community-specific approaches to care & storytelling to reinforce cultural relevance and respect. \_

## **How to use**

- Use digitally in newsletters, slide decks and websites
- Print and display in care environments, waiting areas, community centers, health fairs
- Pair with a QR code or short link directing users to the corresponding package on the ODJJ website.
- Print and handout to caregivers or care providers

Tip: Choose the version most appropriate for your community or audience and/or use during community engagement events to humanize ODJJ story.

## Frequently Asked Questions (FAQ)

### **What it is**

The ODJJ FAQ is a practical resource that provides answers to the most common questions users have about the Our Dementia Journey Journal—whether they are care providers, care givers, organizational leaders or community members.

### **Purpos**

The FAQ is designed to provide quick, accessible responses to commonly asked questions. Whether it is related to using the ODJJ, supporting others in using it, or introducing it to an organization or community, this resource provides clear guidance on addressing common concerns or barriers.



# PART 3: RESOURCES

## How to use

- Keep easily accessible to provide answers if colleagues, care providers, caregivers or other users have questions. It can be included in onboarding materials or digitally shared.
- Can be provided with orientation packages to support smoother implementation
- Share on social media channels to support self-directed exploration

[Learn About the ODJJ Features \(PDF & Video\)](#)

## What it is

This is a summarized slide deck that highlights the key features and functions of the Our Dementia Journey Journal (ODJJ). It is available as both a downloadable PDF and a video walkthrough. This resource provides a quick and engaging overview of how the key features in the ODJJ work—a great tool to provide a quick introduction of what the content of the ODJJ offers.

## Purpose

- Record and share updates
- Monitor wellness over time
- Reflect and journal
- Access trusted dementia care resources, along with users being able to add their own resources



# PART 3: RESOURCES

## How to use

- Use for onboarding and explanation of how the tool can be implemented into care routines
- Share during internal presentations, community engagement or orientation packages
- The video or the PDF can be offered during workshops or information sessions on the ODJJ (e.g. support groups, family council meetings or other events)
- Share digitally through newsletters or social media to increase awareness and build interest

Tip: This is a great resource tool to use in conjunction with Introduction to ODJJ for Groups and Organizations, App Download Card, Tri-fold Brochure, Link or QR code to **'Spreading the Word: ODJJ Promotional Resources'** & **'Caregiver and Care Provider Support Tools'** and share on social media channels to support self-directed exploration.

[Learn About the ODJJ Features \(PDF & Video\)](#)

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## Purpose

- Record and share updates
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# PART 3: RESOURCES

## Introduction to ODJJ for Groups and Organizations

### **What it is**

This introductory slide deck offers a short, foundational overview of the Our Dementia Journey Journal (ODJJ). This resource has been designed for introductory presentations and meetings to get the conversation started on ODJJ in your community, as it explains the why, what, and how of the ODJJ. It outlines the key messages that guided the ODJJ development and use. Included in this deck are testimonials from caregivers, care providers and community partners that are aligned with the key marketing messages for caregiver groups or organizations looking to support health and social care providers and caregivers of persons living with dementia.

### **Purpose**

This resource's purpose is to support facilitating the introduction of the ODJJ to organizational leads and community members in a meaningful and engaging way to get a community thinking about implementation of ODJJ in their community. This resource will aid in the understanding and value of the ODJJ from both a practical and emotional scope.

### **How to use**

- This resource can be used during onboarding or meetings with potential community members
- Presented during advisory committees, family council meetings, support groups or other social events to promote a supportive resource tool for dementia care.
- Shared on community forums (e.g. email campaigns)
- Used in care provider education sessions to offer a resource that supports relationship building and communication between caregivers and care providers
- Shared to promote person-centered care and culturally inclusive/relevant care

Tip: This is a great resource tool to use in conjunction with Learn About the ODJJ Features (PDF & Video), Project Summary, App Download Card, Link or QR code to **'Spreading the Word: ODJJ Promotional Resources' & 'Caregiver and Care Provider Support Tools'**



# PART 3: RESOURCES

## Launch the ODJJ for Groups and Organizations (PDF & Video)

### **What it is**

This is a guided slide deck that can be used to launch the Our Dementia Journey Journal (ODJJ) and walks users through the key messages and features—with a built-in activity at the end. This presentation can be used once there is buy in from your community to use the ODJJ. The layout is like the ‘Introduction to ODJJ for Groups and Organizations’ however, the added in activity provides users an opportunity to interact directly with the ODJJ

### **Purpose**

The purpose of this slide deck is to encourage hands-on engagement. This resource also supports caregiver groups, organizations, or team leads move from introduction to action. The slide deck comes in a PDF format, along with a video walk-through.

### **How to use**

- Use the slide deck during live workshops, lunch-and-learns, or training sessions.
- The PDF version can be used for in-person facilitation) by a site representative lead (e.g. educator, volunteer etc.) or the video version for remote/more independent learning
- Invite participants to partake in the activity at the end of slide deck, as it provides a moment for reflection.
- Follow up by providing the App Download Cards, along with directing users to the Caregiver and Care Provider Support Tools resource section on [odjj.ca](http://odjj.ca).

Tip: This is a great resource tool to use in conjunction with App Download Cards, Learn About the ODJJ Features (PDF & Video), FAQ, and Print out the “My Top 5 Things” page from the ODJJ to support the activity (provide link to paper ODJJ).



# PART 3: RESOURCES

## The Umbrella of Dementia: What You Need to Know

### **What it is**

This is a printable or digital poster featuring learnings and education from dementia care expert Teepa Snow, aligned with one of the Our Dementia Journey Journal (ODJJ) key messages of 'de-stigmatizing dementia.' It is designed to offer quick educational and emotional knowledge in respect to aging and cognition.

### **Purpose**

Through the voice of a widely respected leader in dementia care, this poster adds credibility, sparks reflection and serves as an educational touchpoint in both professional and community care environments. Use this resource if your group/organization is looking for some educational resources for dementia care.

### **How to use**

- Display in common areas, care team spaces, caregiver resource hubs, community centers, or waiting rooms
- Use as a visual discussion starter during training sessions or team meetings

Tip: This is a great resource tool to use in conjunction with Past Experiences from Communities (Testimonials), App Download Cards, Slide Decks and you can add your own dementia education resources to support ODJJ rollout.



# PART 3: RESOURCES

## Support for the ODJJ App

[ODJJ App Set Up Guide \(PDF\)](#)

### **What it is**

A step-by-step guide that walks users through downloading, installing and getting started with the Our Dementia Journey Journal (ODJJ) mobile application for Android & Apple. It includes screenshots, simple language instructions and tips for first-time users. This is a PDF document, which can be printed or sent digitally to new users as a tutorial document.

### **Purpose:**

To reduce barriers to adoption by making the onboarding process smooth and stress-free when it comes to downloading the application. The guide is designed to support users who may have limited tech experience.

### **How to use**

- Share the guide during training sessions or right after presenting or reviewing the 'Launch the ODJJ for Groups and Organizations' slide deck
- Include it in resource folders or support group meetings
- Print copies for distribution in clinics, adult day programs or community events
- Encourage care providers, site leaders or volunteers to familiarize themselves with and use the guide during 1:1 onboarding or tech-support touchpoints

Tip: This is a great resource tool to use in conjunction with Introduction to Our Dementia Journey Journal App slide deck (PDF & Video), Launch the ODJJ for Groups and Organizations, App Download cards, and Learn About the ODJJ Features (PDF & Video).



# PART 3: RESOURCES

[Introduction to Our Dementia Journey Journal App slide deck \(PDF & Video\)](#)

## **What it is**

This is a slide deck that is available in both ODF and narrated video formats. It introduces the mobile application version of the Our Dementia Journey Journal (ODJJ), highlighting its key features, along with tips on how to begin using it, and how it supports caregivers, care providers, and families within the Circle of Care.

## **Purpose:**

To provide a clear and approachable overview of the apps functionality and value, especially for those who are new to digital tools and/or prefer having a narrated walk-through video tutorial on how to set up the ODJJ application.

## **How to use**

- Present the PDF version during live information sessions, caregiver meetups, or team meetings
- Share the video version for self-based learning, social media posts, onboarding emails
- Encourage users to scan the included QR code or follow the app download link at the end to get started

Tip: This is a great resource tool to use in conjunction with ODJJ App Set Up Guide (PDF), App Download Cards, and Launch the ODJJ for Groups & Organizations.



# PART 3: RESOURCES

## Promotional Resources

### App Download Card

#### **What it is**

An app download card is a small 5x7, easy to distribute print or digital handout to guide users on how to access the Our Dementia Journey Journal (ODJJ) app. It provides a link to the website along with clear instructions for downloading on both Apple and Android devices through scanning a QR code for instant access to the Apple app store or Google Play store. It also includes a link to our App Set-Up Guide to support you.

#### **Purpose:**

This card is designed to provide users during onboarding sessions, community events, training sessions, informational sessions or webinars, as it can be emailed to sites or provided in-person.

#### **How to use**

- Include in welcome kits
- Lobby brochures
- Information packages
- Provide when introducing the app during team rollouts
- Include in email follow-ups after presentations
- Outreach events
- Support group meetings



# PART 3: RESOURCES

## Newsletter

### **What it is**

This is the Our Dementia Journey Journal Newsletter Resource, that provides a template with content that organizations, care teams, and community groups can adapt and share through their own communication channels. This newsletter provides a brief overview of ODJJ highlights, key messages and tips.

### **Purpose:**

The purpose of this resource is designed to support partners and communities to spread the word about the ODJJ. It increases awareness and directs readers to learn more or check out the odjj.ca website. It is ideal for community outreach, engagement, internal updates particularly if you are going to be rolling out the ODJJ in your community.

### **How to use**

- Insert into existing newsletters sent to families, caregivers', staff, and volunteers
- Distribute through partner organizations
- Print and post in staff lounges, common areas or community bulletin boards
- Email to mailing lists as standalone feature or monthly
- This can also be linked into organizations websites

## Generic Poster

### **What it is**

The Our Dementia Journey Journal (ODJJ) Generic Poster is a print-ready awareness tool with visuals, a short description, testimonials and instructions on how to access the resource. This poster is ideal for physical display in a variety of settings.



# PART 3: RESOURCES

## **Purpose:**

The posters' primary goal is to increase visibility and interest in the ODJJ among caregivers, care providers, community members and organizational staff. This resource is used to give a clear breakdown what the tool is, key messages and where to access it without needing a lengthy explanation. It can be used to promote the ODJJ or onboarding strategies.

## **How to use**

- Display in clinics, care homes (long-term care, continuing care, Retirement), community centres, wellness hubs
- Include in resource tables at dementia awareness events or health & wellness events, caregiver expos or training workshops
- This can be shared digitally through newsletters, PDF toolkits or online resources
- Print and pin in breakrooms, waiting areas to reach both families and frontline care providers

[QR code to website package 1 \(Spreading the Word: ODJJ Promotional Resources\)](#)

## **What it is**

A short call-to-action included on the Supporting Organizations & Groups to introduce ODJJ webpage that encourages caregiver groups or organizations introducing the ODJJ to access Spreading the Word: ODJJ Promotional Resources webpage. This resource page contains promotional resources for spreading awareness of the Our Dementia Journey Journal.

## **Purpose:**

The purpose of this call-to-action is to guide organizations that are introducing or using the ODJJ towards additional support tools and help with increasing awareness to share the resources with others in their networks or communities.





# PART 3: RESOURCES

## How to use

- Embed this blurb in a visible location on Supporting Organizations & Groups to introduce ODJJ webpage.
- Pair the blurb with a QR code or link directly to Spreading the Word: ODJJ Promotional Resources webpage.

## Social Media Content (Features)

### What it is

A short call-to-action included on the Supporting Organizations & Groups to introduce A ready-to-use collection of social media posts that highlight the key features of the Our Dementia Journey Journal (ODJJ), such as Ask, Share, Track Well-being, Reflect, Collect Resources and Chat. This content can be shared as individual posts or grouped as a carousel series. Series include descriptive captions and visual mock ups of the feature. It is important to note that when posting individually, there is already awareness and former understanding of what the Our Dementia Journey Journal (ODJJ) is for audience context.

### Purpose:

The purpose of this content is to build awareness and showcase each of the ODJJ features in a clear, engaging and accessible way. These posts are designed to inform potential users (caregivers, community members, and care providers) and encourage them to explore the ODJJ further through an accessing the website link.

### How to use

- Can be posted and shared on various social media channels. Caption suggestions provided down below.
- Awareness campaigns
- In conjunction with educational posts
- Include a Call to Action such as “Learn more at [odjj.ca](http://odjj.ca)”



## PART 3: RESOURCES

### **Suggested caption if posting as a carousel post:**

“Introducing Our Dementia Journey Journal—a free, publicly available resource tool to support caregivers and care providers of people living with dementia. Check out the various features offered in the ODJJ.

Learn more and start using the ODJJ by visiting the website: [odjj.ca](http://odjj.ca)”

### **Suggested captions if posting content individually:**

| <b>POST TYPE</b>                      | <b>SUGGESTED CAPTION</b>  |
|---------------------------------------|---|
| Our Dementia Journey Journal Features | Our Dementia Journey Journal (ODJJ) is a co-designed resource that supports relationship-building and information-sharing between caregivers, health and social care providers of persons living with dementia--also known as the ‘Circle of Care.’<br><br>To learn more visit <a href="http://odjj.ca">odjj.ca</a> |
| Ask Feature                           | A space to record questions, preferences, and prompts. This feature in the Our Dementia Journey Journal supports in guiding conversation around the person’s care goals and preferences.<br><br>To learn more visit <a href="http://odjj.ca">odjj.ca</a>  |
| Share Feature                         | The Share feature in the Our Dementia Journey Journal (ODJJ) is a great feature to share words, pictures and videos with the Circle of Care.<br><br>To learn more visit <a href="http://odjj.ca">odjj.ca</a>  |



## PART 3: RESOURCES

| POST TYPE                | SUGGESTED CAPTION  |
|--------------------------|--|
| Track Well-being Feature | <p>In the Track Well-being feature, in the Our Dementia Journey Journal (ODJJ), the Circle of Care is easily able to access and monitor the person living with dementia's symptoms, along with their well-being as a caregiver or care provider so they can plan for support/help.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a></p> |
| Reflect Feature          | <p>In the Reflect feature of the Our Dementia Journey Journal (ODJJ) the Circle of Care can journal and share notes of reflections</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a></p>   |
| Resources Feature        | <p>In the Resources feature of the Our Dementia Journey Journal (ODJJ), the Circle of Care can collect information sources and upload them as links, images, videos, and much more to support them along the journey.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a></p>  |
| Chat Feature             | <p>In the Chat feature of the Our Dementia Journey Journal (ODJJ) the Circle of Care can send and receive real-time messages and updates.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a></p>  |



# PART 3: RESOURCES

## Social Media Content (Key Messages & Testimonials)

### **What it is**

A curated set of social media posts that pair key messages about the Our Dementia Journey Journal (ODJJ) with testimonials from caregivers, care providers, or community champions. These posts have been created to highlight the emotional impact and real-world world value of using the ODJJ.

### **Purpose:**

The purpose of this content is to build trust, incorporate storytelling and humanize the resource. This content can engage users through sharing authentic experiences from the Our Dementia Journey Journal (ODJJ) trial and pilot periods. This content reinforces credibility and strengthens outreach towards the broader community through utilizing social media platforms.

### **How to use**

- Organizations can share these posts on their social media channels to promote the ODJJ in an emotionally engaging way.
- Awareness campaigns
- In conjunction with educational posts
- Include a Call to Action such as “Learn more at [odjj.ca](http://odjj.ca)”

### **Suggested caption if posting as a carousel post:**

“Real stories. Real support. Explore how caregivers and care teams are using the Our Dementia Journey Journal one feature at a time.

Want to learn more or start using Our Dementia Journal? Visit [odjj.ca](http://odjj.ca)”



## PART 3: RESOURCES

| KEY MESSAGES & FEATURES OF ODJJ   | SUGGESTED CAPTION   |
|---|---|
| <p>The ODJJ is a dementia care resource that is tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities)</p> <p>(Mockup of the various versions of ODJJ):</p> | <p>“The Our Dementia Journey Journal offers tailored resources for First Nations, French, Punjabi, and Hindi-speaking communities—honoring language, culture, and lived experience.</p> <p>Learn more at <a href="http://odjj.ca">odjj.ca</a>”</p>  |
| <p>The ODJJ opens conversations to help destigmatize dementia:</p>  | <p>“When we start to Share More, Care Together and Stay Connected through talking about the resources that are available — our support system grows stronger.</p> <p>The Our Dementia Journey Journal offers a space for reflection, conversation and community.</p> <p>Reducing stigma starts with connection.</p> <p>Visit <a href="http://odjj.ca">odjj.ca</a> to find tools, tips and supports tailored to each step of the journey.”</p> |

### Social Media Content (Tips)

#### **What it is**

This is a collection of social media content with practical tips that show caregivers groups and health and social care providers how to use each feature of the Our Dementia Journey Journal (ODJJ) app—including Ask, Share, Track, Reflect, and Chat. Each post includes a tip, a visual mock up of the feature and suggested caption down below. Posts can be shared individually or grouped into a carousel post.



## PART 3: RESOURCES

### Suggested captions if posting content individually:

| KEY MESSAGES & FEATURES OF ODJJ   | SUGGESTED CAPTION   |
|---|---|
| <p>The ODJJ’s bi-weekly check-in questionnaire provides support for caregiver well-being (Mockup of bi-weekly check-in feature):</p>  | <p>“Feeling overwhelmed is common for caregivers—but you don’t have to navigate it alone. One caregiver shared how the Bi-weekly check-in in the Our Dementia Journey Journal (ODJJ) helped bring ease &amp; comfort during uncertain times.</p> <p>Visit the website at <a href="http://odjj.ca">odjj.ca</a> to learn more.”</p>   |
| <p>The ODJJ’s Share Information Section provides tools to support learning about dementia &amp; dementia care to provide person-centered care (Mockup of All about me feature):</p> | <p>“The All About Me activity in the ODJJ helps the circle of care better familiarize with the person living with dementia beyond their diagnosis—highlighting their story, values, interests and what matters most.</p> <p>Learn more and start using the ODJJ at <a href="http://odjj.ca">odjj.ca</a>”</p>  |
| <p>The ODJJ has a resource section to provide access to dementia care resources in Canada (mockup of Resource Feature):</p>   | <p>“As caregivers juggle appointments, emotions, and daily responsibilities—there is often little time to spare.</p> <p>The Resource Feature in Our Dementia Journey Journal (ODJJ) includes a standard list of resources which you can customize and add to as you learn about new, helpful tools, tips, links and guides in one organized space, making it easier to find what you need when you need it.</p> <p>Explore and learn more about what the ODJJ offers at <a href="http://odjj.ca">odjj.ca</a>”</p> |



# PART 3: RESOURCES

## Social Media Content (Key Messages & Testimonials)

### **Purpose:**

The purpose of this resource is to provide further context into the app's features and quick snapshots various tips on how to get started using each of the ODJJ features. As some organizations and caregiver groups may have social media channels, this is great way to reach their followers in introducing the ODJJ in a quick & digestible format.

### **How to use**

- Posts can be shared individually on various social media channels, for example if it was found that during a Launch presentation or Introduction presentation and users were more inclined about a specific feature this can be posted individually.
- If posted in a carousel format, there is a standard single caption after the chart.
- Posts can be shared in WhatsApp/Facebook groups or adapted into newsletters
- Include a call-to-action and a QR code or link to Caregiver and Care Provider Support Tools resource page.

| <b>POST TITLE IN IMAGE</b>                      | <b>SUGGESTED CAPTION</b>   |
|---|--|
| Your ODJJ Features Toolkit: Tips to Support Use | “New to the Our Dementia Journey Journal? Explore some simple tips to support your journey & make the most of each activity.<br><br>Visit the ODJJ website at <a href="http://odjj.ca">odjj.ca</a> to learn more.”                           |
| Ask questions                                   | “You don’t have to remember everything on the spot. Use the ‘Ask Questions; activity to stay organized and walk into an appointment feeling prepared.<br><br>To learn more, visit the ODJJ website at <a href="http://odjj.ca">odjj.ca</a> ” |



## PART 3: RESOURCES

| POST TITLE IN IMAGE  | SUGGESTED CAPTION  |
|--|--|
| Share: Share personal information with your Circle of Care | <p>“Starting in a new care setting doesn’t have to feel unfamiliar. The Share activity in the Our Dementia Journey Journal supports transitions by offering meaningful insights to the care team. Share their story and support person-centered care.</p> <p>Learn more at <a href="http://odjj.ca">odjj.ca</a>”</p> |
| Track well-being   | <p>Noticing changes? The Our Dementia Journey Journal Track Well-being activity supports logging concerns and symptoms over time—so you’re feeling prepared for every conversation with your circle of care.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a>”</p>                                    |
| Reflect: Journal & share notes or reflections              | <p>“Use the Reflect activity to document and share meaningful moments throughout the day—photos, captions, and updates that bring caregivers closer to what matters most.</p> <p>Learn more at <a href="http://odjj.ca">odjj.ca</a>”</p>   |
| Resources: Collect information from trusted sources        | <p>“From care tips to local supports, care teams and caregivers can build resource hubs for their community, while caregivers can upload helpful links, PDFs, and photos to keep everything in one place.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a>”</p>                                       |
| Chat   | <p>“Whether you’re nearby or far away, the ODJJ Chat feature supports everyone in the Circle of Care to stay informed, ask questions and feel actively involved in the care journey.</p> <p>To learn more visit <a href="http://odjj.ca">odjj.ca</a>”</p>  |





## PART 3: RESOURCES

### **Suggested captions if posting content individually:**

“New to the Our Dementia Journey Journal? Explore some simple tips to support your journey & make the most of each feature.



# PART 4: GUIDELINES ON GATHERING FEEDBACK DURING IMPLEMENTATION`

## Overview

Collecting feedback is essential for ODJJ implementation. Decide how you will gather user feedback (e.g., during weekly programming). Assigning someone to regularly check in with users can help both teams support current users and enhance ODJJ for future users.

## What are check-ins?

- Team members conduct brief conversations with users (care providers, family caregivers, persons living with dementia) regularly to get feedback on their ODJJ experience.
- Leadership records this feedback for reporting at touch-base or Project Advisory Committee meetings.
- Feedback may include questions, concerns, improvement recommendations, and issues with the app or binder.

## Questions about check-ins?

- Team members conduct brief conversations with users (care providers, family How are things going?
- What challenges have you faced while using the ODJJ?
- What successes have you had while using the ODJJ?
- Which sections have you tried? Try encouraging participants to use sections they have not used before using some of the resources listed above.
- Do you have any questions about the ODJJ??

## Reporting Your Feedback

You can report your feedback to your organization or community group at check-in meetings established at the beginning of your community's implementation or during the Project Advisory Committee.



# PART 5: KEY CONTACTS

If you have any questions or concerns about the ODJJ, experience a crash, bug or glitch with the app, please reach out to the contact below. We are here to support you!

Our Dementia Journey Journal Support Team  
App and Implementation Support  
[odjj@sehc.com](mailto:odjj@sehc.com)

