



ODJJ
Our Dementia
Journey Journal

WWW.ODJJ.CA

ODJJ Implementation Guide

Part 1: Our Dementia Journey Journal Overview

Part 2: What's in the ODJJ?

Part 3: Resources

Part 4: Key Contacts

*Share more.
Care together.
Stay connected.*

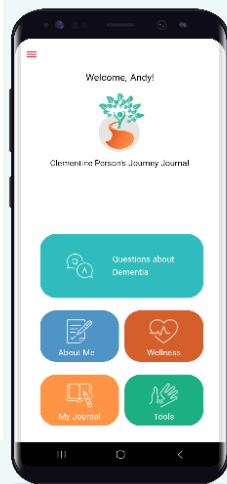
PART 1: OUR DEMENTIA JOURNEY

JOURNAL OVERVIEW

The document provides an overview of the Our Dementia Journey Journal (ODJJ) and the resources available to support 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 de-stigmatize 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 (www.odjj.ca) or photocopied if you already have a hard copy**

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) 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

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.

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 encourage conversations around dementia to reduce stigma 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.



PART 3: RESOURCES

How to use (for caregivers)

- This is your first glance into real examples from other caregivers to understand how ODJJ can support your journey
- Use the poster to reflect on shared experiences and build confidence in adopting the ODJJ
- Print and display it in your home or share it with friends and family to spark conversation about dementia care

How to use (for care providers)

- If this poster is provided to you by your organization/ group and are printed, you may want to hand out the poster to your colleagues or caregivers to encourage their use
- Use it during engagement events or training sessions to humanize the story and highlight authentic voices
- Display it in care environments or waiting areas to promote awareness and reduce stigma

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

Printable Tips Sheet

What it is

This is a user-friendly, printable PDF document that offers quick, practical tips for using each ODJJ feature — including Ask, Share, Track, Reflect, Collect Resources and Chat. This document is designed to be clear, visual, and supportive for both new and returning caregivers and care providers.



PART 3: RESOURCES

Purpose

The purpose of this document is to support caregivers and care providers feel confident in using ODJJ by providing actionable guidance based on other users' experiences. It can be viewed as a go-to reference for integrating the ODJJ.

How to use (for caregivers)

- Print and keep the sheet in a visible spot such as the fridge or in a binder for easy access.
- Refer to it during check-ins with your circle of care or when exploring new features in the ODJJ
- Use it as a conversation starter when introducing the ODJJ to other family members or new circle of care members (e.g. a new home care personal support worker)
- Leverage it to boost confidence and streamline the use of the ODJJ for tracking and sharing updates.

How to use (for care providers)

- Include the sheet in onboarding packages or caregiver support folders to ensure new users have a clear guide to using the ODJJ.
- Use it as a tool during training sessions or workshops to familiarize other care providers with ODJJ features and their practical applications.
- Keep it on hand in care environments as a quick reference for encouraging consistent use among care providers and caregivers.
- Pair it with other resources to facilitate discussions during orientations, support group meetings, or family caregiver appointments

Tip: This is a great resource tool to use in conjunction with Learn about the ODJJ Features, FAQ sheet, and Launch the ODJJ for Caregivers and Care Providers.



PART 3: RESOURCES

[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 to the ODJJ’s contents.

Purpose

This resource supports caregivers and care providers people who support a person living with dementia to understand the core functions of the app or paper-based tool, including how to:

- 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
- Chat with members of your circle of care

How to use (for caregivers)

- View to understand how the ODJJ can be integrated into your daily care routines
- Share with other members in your circle of care
- Refer to the PDF or video during family council meetings or support group sessions for guidance and inspiration.
- Keep the resource handy—such as in WhatsApp groups or Facebook Groups—for sharing tips and discussing experiences with other caregivers.



PART 3: RESOURCES

How to use (for care providers)

- Incorporate the tool during care team orientation sessions or onboarding of circle of care members
- Incorporate in online learning management systems
- Share the PDF or video during internal presentations or training workshops to explain best practices in using the tool.
- Utilize the tool as part of community engagement events to illustrate its functionality and benefits to a broader audience.

Tip: This is a great resource tool to use in conjunction with Printable Tips Sheet, Circle of Care Poster (Generic & First Nations), and App Set Up Guide.

Circle of Care Poster (Generic & First Nations)

What it is

This is a visual poster that illustrates the Circle of Care – representing the interconnected roles of caregivers, care providers, family, and community members who support a person living with dementia.

- The Generic version uses the generic version of the Circle of Care graphic, and language to apply across various communities and audiences.
- The First Nations version integrates culturally relevant imagery, language, and design elements to reflect and align with First Nations understandings of care and community

Purpose

The purpose of this poster is to visually communicate a person-centered care approach embedded within the Our Dementia Journey Journal resource tool. It provides context to users and communities in understanding their role in the care network (Circle of Care), which in return reduces stigma, and supports shared responsibility. The First Nations version honors community-specific ways of knowing and caring to ensure culturally safe engagement.



PART 3: RESOURCES

How to use (for caregivers)

Visualize and reflect on the full support system that the person you are caring for is surrounded by.

- After viewing the Circle of Care poster, reflect on who would be in yours
- Display it somewhere visible like a fridge or binder to have easy access
- Keep the resource handy—such as in WhatsApp groups or Facebook Groups—for sharing tips and discussing experiences with other caregivers.
- Use it as a conversation starter with care providers that are supporting you in the care journey

How to use (for care providers)

This poster can be used to better understand the relationships and support networks surrounding the person who is receiving care.

- Use as a conversation starter with others care providers that you are collaborating with and/ or families that you are supporting
- If this poster is provided to you by your organization/ group and are printed, you may want to hand out the poster to your colleagues or caregivers to encourage their use
- Display it in care environments or waiting areas to promote conversation and reflection surrounding the Circle of Care

Tip: This is a great resource tool to use in conjunction with Past Experiences from Communities (Testimonials) and Learn About the ODJJ Features.

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.



PART 3: RESOURCES

Purpose

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

How to use (for caregivers)

- This resource is a quick go-to resource to refer to frequently asked questions and receive answers
- Keep a copy printed in a binder or on your fridge
- Share the FAQ sheet with other family members or friends that have questions about the ODJJ
- Ideal for first-time users either before you set up the ODJJ app or during the set up process if you run into a problem or have a question about the ODJJ

How to use (for care providers)

- 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 digitally with the rest of you team members

Tip: This is a great resource tool to use in conjunction with Learn About the ODJJ Features.



PART 3: RESOURCES

Introduction to ODJJ for Caregivers and Care Providers

What it is

This introductory slide deck offers a foundational overview of the Our Dementia Journey Journal (ODJJ). This resource has been designed to view on your own time and at your own pace; along with being a slide deck that can be presented and/or for training sessions, as it introduces the why, what, and how of the ODJJ. It outlines the key messages that guided the ODJJ development and use. Included in this deck is testimonials from caregivers, care providers and community partners that are aligned with the key messages.

Purpose:

This resource's purpose is to support facilitating the introduction of the ODJJ and familiarize yourself, or care team in a meaningful and engaging way. This resource will aid in understanding and value of the ODJJ from both a practical and emotional scope.

How to use (for caregivers)

- This slide deck walks you through the ODJJ, outlining key messages and testimonials from caregivers who have used it. These testimonials can provide insight into how various features worked in their care journey
- Review it on your own or use it as a discussion point with a care provider who you've established to be a part of your Circle of Care
- Share it with family members, friends or in WhatsApp & Facebook group chats
- It can be used as a reference when beginning to use ODJJ



PART 3: RESOURCES

How to use (for care providers)

- This slide deck can be used in staff education sessions to offer a resource that supports relationship building and communication between caregivers and care providers
- Use it as a discussion point in team meetings, conferences or with families that are involved in the care journey
- Use as a resource tool to promote person-centered care and culturally inclusive/ relevant care with your team

Tip: This is a great resource tool to use in conjunction with Learn About the ODJJ Features.

[Launch the ODJJ for Caregivers and Care Providers \(PDF & Video\)](#)

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 Caregivers and Care Providers’ 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 to move from introduction to action. The slide deck comes in PDF format, along with a video walk-through.



PART 3: RESOURCES

How to use (for caregivers)

- Choose the format that works best for you: Read through the PDF version at your own pace or listen to the narrated video if easier
- Similar to the ‘Introduction to ODJJ for Caregivers and Care Providers’ slide deck, it provides an overview of key messages and features. However, it includes a built-in activity to complete on your own to get a feel for an activity within the ODJJ.
- Share it with other caregivers who you believe would benefit from the ODJJ and read through or listen together & use it as a conversation starter or complete the activity together

How to use (for caregivers)

- This is a great resource to use after viewing the ‘Introduction to ODJJ for Caregivers and Care Providers’, as it provides a bit more details about the ODJJ to help you and the rest of your team and/or families you are caring for to begin using the ODJJ-- as it comes with a built-in ODJJ activity.
- This resource 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 or virtual meetings
- Invite participants to partake in the activity at the end of slide deck, as it provides a moment for reflection. The activity can be done remotely or printed out to provide hard copies for in-person launches.
- Follow up with attendees, team members, or caregivers by providing the App Download Cards, along with a link and QR code that will direct you to the Caregiver and Care Provider Support Tools resource section on www.odjj.ca.

Tip: This is a great resource tool to use in conjunction with Learn About the ODJJ Features, FAQ Sheet, and you can print out the “My Top 5 Things” page from the ODJJ to support the activity (www.odjj.ca).



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 educational resources for dementia care.

How to use (for caregivers)

- Teepa Snow is a dementia care expert who provides insights with a compassionate perspective to support de-stigmatizing dementia—in return reducing blame, frustration, and stigma. This poster can be used as an educational resource and put up on your fridge or kept in a binder for easy access
- Use it to spark conversation with friends, family or others
- Share it with others in your Circle of Care or through WhatsApp or Facebook Groups to promote de-stigmatizing dementia

How to use (for caregivers)

- This poster can be printed and displayed in staff lunchrooms, waiting areas or incorporated into team meetings, as it provides a simple and clear explanation of dementia and dementia education
- It can be shared digitally, through email or shared on your organization's website
- Use it to initiate reflective discussions with colleagues



PART 3: RESOURCES

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

Implementation Guide

What it is

The implementation guide for ‘Caregiver and Care Provider Support Tools’ is to offer support in introduction, orientation and early adoption of the Our Dementia Journey Journal (ODJJ). Whether you care for people living with dementia or are a caregiver looking for support, this list of resources will support you in understanding and starting to use the ODJJ.

Purpose:

To support caregivers and care providers with descriptive and simple explanations of what each resource is and how to use it.

How to use (for caregivers)

- This guide provides step-by-step instructions, descriptions and practical tips to help with the start of your care journey and using Our Dementia Journey Journal (ODJJ). Follow along as you review the resource webpage to receive a deeper understanding of each resource material listed
- Read through at your own pace, and pick & choose which resources will support you best at this time
- Offers guidance on how to use or you can share the resources from odjj.ca
- Revisit sections as your caregiving needs evolve or the person you care for is going through transitions that require different supports
- Refer to the tips and examples to personalize your use—whether you’re a long-distance caregiver or family/friend



PART 3: RESOURCES

How to use (for care providers)

- Use it to onboard yourself or new team members to the ODJJ, or to support caregivers as they are just starting out with ODJJ
- This guide is useful to foster a shared approach to care and there are various materials to use depending on the family you are supporting, care team you are involved with or organization you are a part of
- The guide can be used as a conversational piece when integrating ODJJ into your daily workflow
- Revisit sections as needed
- Refer to the tips and examples to personalize your use—whether you're a long-distance caregiver, a frontline care provider or family/friends

Support for the ODJJ

[ODJJ App Setup 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, along with having viewed or received the 'Introduction to ODJJ for Caregivers and Care Providers' and 'Launch the ODJJ for Caregivers and Care Providers' slide decks.



PART 3: RESOURCES

How to use (for caregivers)

- This guide provides step-by-step instructions with screenshots that will walk you through creating an account, setting up your profile, and inviting others into your Circle of Care
- Use this guide for tips for first-time users, or refer back to it if you are having any challenges
- Keep it handy as a reference whenever you need to revisit setup steps, change settings, or explore new features
- Share this guide with your friends, family members, or others who want to join your Circle of Care and It can be shared through WhatsApp or Facebook groups

How to use (for caregivers)

- Use it to onboard yourself or new team members to the ODJJ, or to support caregivers as they are just starting out with ODJJ
- Share the guide during training sessions or right after presenting or reviewing the 'Launch the ODJJ for Caregivers and Care Providers' slide deck
- Include it in resource folders or support group meetings
- Print copies for distribution in clinics, adult day programs, and community events that have already had an introduction to the ODJJ
- 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 Caregivers and Care Providers, 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 PDF 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 app's 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 (for caregivers)

- Similar to the ODJJ App Set Up Guide (PDF), however it comes in narrated video format, and provides a bit more visual context that some may find easier to follow along with
- Learn how to download the app, set up an account and your profile and create your Circle of Care
- Return to this resource anytime for a refresher or to help explain the app family, friends, and it can be shared through WhatsApp or Facebook groups
- The PDF version can also be printed and kept in a binder for easy access to refer to whenever needed



PART 3: RESOURCES

How to use (for care providers)

- Use it to onboard yourself or new team members to the ODJJ
- Present or share with your care team after viewing the ‘Launch the ODJJ for Caregivers and Care Providers’ slide deck
- It can be sent digitally to other team members, or used in virtual team meetings
- The PDF version can be printed and kept in a binder for easy access
- Review and 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), Launch the ODJJ for Caregivers and Care Providers, and FAQ Sheet



PART 4: 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

