



ODJJ
Our Dementia
Journey Journal

Introducing Our Dementia Journey Journal (ODJJ)

*Enhance support for
clients and caregivers
affected by dementia
using this new resource*

Our Dementia Journey Journal (ODJJ) is a NEW resource that supports your client / caregiver experience along their dementia journey. It is designed to facilitate person-centered care by enhancing communication through activities, to share personal information and updates, and address any concerns that arise within a circle of care. Ultimately, this helps to build trust by fostering a sense of meaningful collaboration.

The ODJJ was co-designed with input from caregivers, care providers and researchers and is now being introduced across a variety of settings, including long-term care homes, community-based care, adult day programs and other community programs. If you're looking to offer more targeted support and resources to your clients and caregivers, the ODJJ is designed to meet your needs!

The ODJJ is publicly available for FREE across Canada, either as a paper-based tool or a mobile app for Apple and Android devices. It is available in English, French, Hindi and Punjabi, as well as adaptations for the First Nations and South Asian communities.



Interested in Learning More?

We invite you to learn more about the ODJJ by visiting our website at www.odjj.ca.