



**ODJJ**  
Our Dementia  
Journey Journal

# Introducing Our Dementia Journey Journal (ODJJ)

*An Exciting New  
Resource for  
Dementia Support*

The Our Dementia Journey Journal (ODJJ) is a resource that supports building relationships between family/friend caregivers and health and social care providers as they care for people living with dementia. 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 and support.

The ODJJ was co-designed with input from caregivers, care providers and researchers and is now available across Canada (e.g. long-term care homes, community-based care, adult day programs and other community programs). If you're looking for more targeted support and resources, the ODJJ is designed to meet your needs!

The ODJJ is publicly available for FREE, 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 by  
visiting [www.odjj.ca](http://www.odjj.ca)