

Dementia Care is not the responsibility of one person— it's a shared circle of care



ODJJ
Our Dementia
Journey Journal

Our Dementia Journey Journal (ODJJ) is a resource that supports communication and relationship building between family/friend caregivers and health and social care providers as they care for people living with dementia. The ODJJ was co-designed with First Nations communities in collaboration with Elders, Knowledge Keepers, and community members from Sagamok Anishnawbek First Nations, Thessalon First Nations, Sault Ste. Marie Indigenous Friendship Centre, and other individuals from across Canada. In 2024, the ODJJ was launched for trial use with community members from the Garden River First Nation, Thessalon First Nation, and Sagamok Anishnawbek First Nation. It is now available publicly for anyone to use as part of their care.

The circle of care is a wholistic view of living and caring for each other that has always been part of First Nations cultural beliefs.



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Real Stories: Caregivers and Care Providers Share Their Journey with the ODJJ

Caregivers, care providers and community leaders provided feedback indicating that the ODJJ has a variety of ways to:

Help the circle of care provide person-centered care

“The ODJJ helps keep focus on quality of life and care ... Also helpful for future PSW’s coming into care to understand who they [persons living with dementia] are as a person and how much we care about them”

- First Nations Caregiver

Support caregiver well-being

“...not only does it focus on the caregiver and what works for them [PLWD] but also I noticed that it is also for the caregiver as myself and then how it reminds me that I need to take care of myself.”

- First Nations Caregiver

Help provide culturally relevant dementia support for First Nations communities

“... whether they continue to use it or not, it has opened the doorway to have that conversation around isolation... During a visit in the home of a participant the community champion shared now that they know about the caregivers’ feelings of isolation and that they can rally help and support... sharing that they (community champion) can do things to support the caregiver and make sure that they are cared for and that they have visitors...”

- SE Health First Nations, Inuit and Métis Program Engagement

The ODJJ is available for Apple and Android devices and as a paper-based booklet.

To access more resources to implement the ODJJ in your community, visit our resource page for communities and groups (www.odjj.ca)



To access more resources to support use of ODJJ, visit our resource page for caregivers and care providers (www.odjj.ca)

