

A Supportive Resource for Caregivers Navigating the Dementia Journey



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.

REAL STORIES! Caregivers and Care Providers Share Their Journey with the ODJJ
Caregivers and care providers provided feedback indicating that the ODJJ offers:

More support to caregivers

“Anything to help her care and help the people who are caring for her, I feel better about it, and my wife feels better about it as well. There’s so much guilt around looking after family members ... it would enhance my quality of life. Because certainly when my mom is doing better, I feel better.”
– Caregiver

Tools to learn about dementia & dementia care & more ways to provide person-centered care

“I complete [the ODJJ] for Dad, for [the organization] to see a little bit about him, what our point of view is about him and his life was and so forth. And the things that he does and the life that he came from” – Caregiver

More access to dementia care resources

“Because a lot of times, resources, by the time you figure out what resources are there, you’re in the next stage of the journey,” – Caregiver

Resources tailored to specific communities & conversations to help de-stigmatize dementia

“Definitely, it’s [ODJJ] increasing awareness about this disease because it’s a new disease for South Asian community, and there’s a lot of stigma attached to mental health and neurocognitive disorders.” – Care provider

Available for Apple and Android devices and as a paper-based booklet.

To access more resources to share the ODJJ with others, visit our website at www.odjj.ca.

To access more resources to implement the ODJJ in your community/group, visit our website at www.odjj.ca.