

# Guide to Using the Our Dementia Journey Journal and its Six Main Features

## Tip Sheet



ODJJ  
Our Dementia  
Journey Journal



### Ask Questions

- Keep track of questions ahead of appointments/meetings with your Circle of Care

### Share information with your Circle of Care

- Use the **All About Me** to assist a person living with dementia during admission to a new environment (adult day program, long-term care, retirement home, etc.)
- Use **My Top 5 Things** to share important activities with a person living with dementia; caregivers can share significant aspects of their journey.



### Track well-being and monitor your wellness over time

- Use the **Well-being Communication** tool to track concerns to discuss with care providers during your next visit
- Use the **Symptom Tracker** to help caregivers track symptoms to share with providers for necessary changes or support



### Reflect by journaling and sharing notes or reflections

- Care providers can capture images and compose captions to share with caregivers during program/events throughout the day.
- Similar to social media posts, responses can be shared with other members within the circle of care using the app's **Share** functionality.



### Collect Resources and information from trusted sources

- Organizations/groups can create a local resource page for their community.
- Upload photos, PDFs, or links you find during your journey (in app).



### Chat

- Message your Circle of Care with updates
- Share updates with your Circle of Care (e.g., caregivers can inform providers at an adult day program of sleep quality or blood sugar levels before drop-off to provide context for the day)
- Saves time typically spent on a phone call or in-person visit
- Provides a method for long-distance caregivers to remain involved and communicate with the Circle of Care



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### Guidelines to get started

- Caregivers can choose to use a **paper copy** or a **mobile app**
- Caregivers and care providers can **choose to use** the sections of the ODJJ that are most relevant to them; they are not required to use each and every section and instead,
- The ODJJ **works around the user's schedule**. Whether they use it daily, weekly, or monthly, the ODJJ can provide support when needed
- The ODJJ is for **caregivers to keep indefinitely** – you won't be asked to return it

### Looking for more support?

- Visit our website for more resources to support your use of ODJJ
- Visit our resource page for caregivers and care providers at [www.odjj.ca](http://www.odjj.ca)