



ODJJ
Our Dementia
Journey Journal

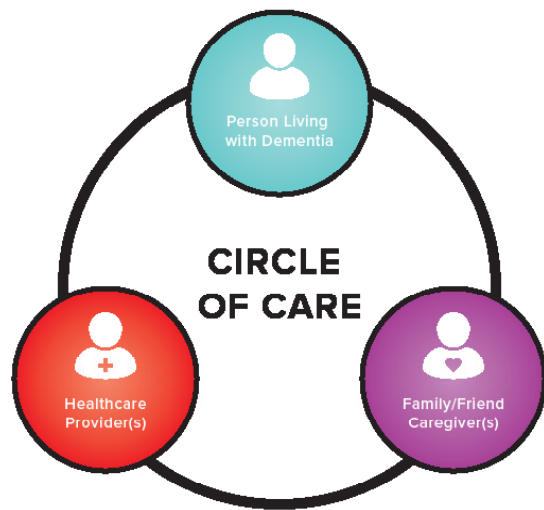
WWW.ODJJ.CA

Our Dementia Journey Journal:

Project Summary

*Share more.
Care together.
Stay connected.*

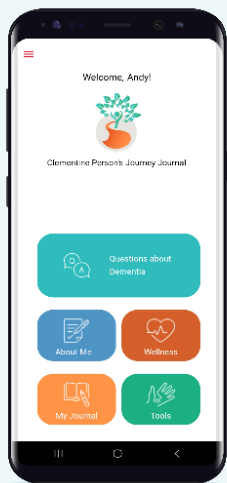
The Our Dementia Journey Journal



Our Dementia Journey Journal (ODJJ) is a resource co-designed to support relationship-building and information-sharing between **caregivers, care providers, and persons living with dementia**. These are represented in the 'Circle of Care'. Care providers include health and social care providers, such as PSWs, nurses, doctors, and the broader community.

The ODJJ was piloted across seven diverse communities in Ontario and Alberta between March 2024 and January 2025, encompassing **continuing care/long-term care homes, First Nation communities, South Asian community organizations, and adult day programs**. It is now widely available to everyone across Canada.

Key Features of the ODJJ



- **ASK:** Record and answer questions within the Circle of Care.
- **SHARE:** Share words, pictures and videos with your Circle of Care.
- **TRACK WELL-BEING:** Monitor wellness over time.
- **REFLECT:** Journal and share notes or reflections.
- **RESOURCES:** Collect information from sources like the Alzheimer Society
- **CHAT:** Send and receive messages and updates within the Circle of Care.



Why use the ODJJ?

The ODJJ offers a variety of ways to provide:

1. More support to caregivers
 - “Anything to help her care and help the people who are caring for her, I feel better about, 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
2. Learning about dementia and dementia care
3. More ways to provide person-centered care
 - “... my mom was still playing the piano, and it was things like that. When there’s musical entertainment in there, I don’t ever want her to miss it” – Caregiver
4. More access to dementia care resources (includes resources for cultural communities such as First Nations, French, South Asian communities)
 - “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
5. More dementia care resources tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities)
 - “... 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
6. Ways to de-stigmatize dementia through conversations
 - “... Everyone feels like you’re alone in this whole thing, right? And this whole process. So, when we start talking about resources that are available, then everybody sits up and listens. And also it’s good to know how each one manages their day. ... this app also kind of draws us closer together....” -Caregiver



Next Steps

To access more resources to share the ODJJ with others, visit our resource page with promotional resources (www.odjj.ca)

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

