

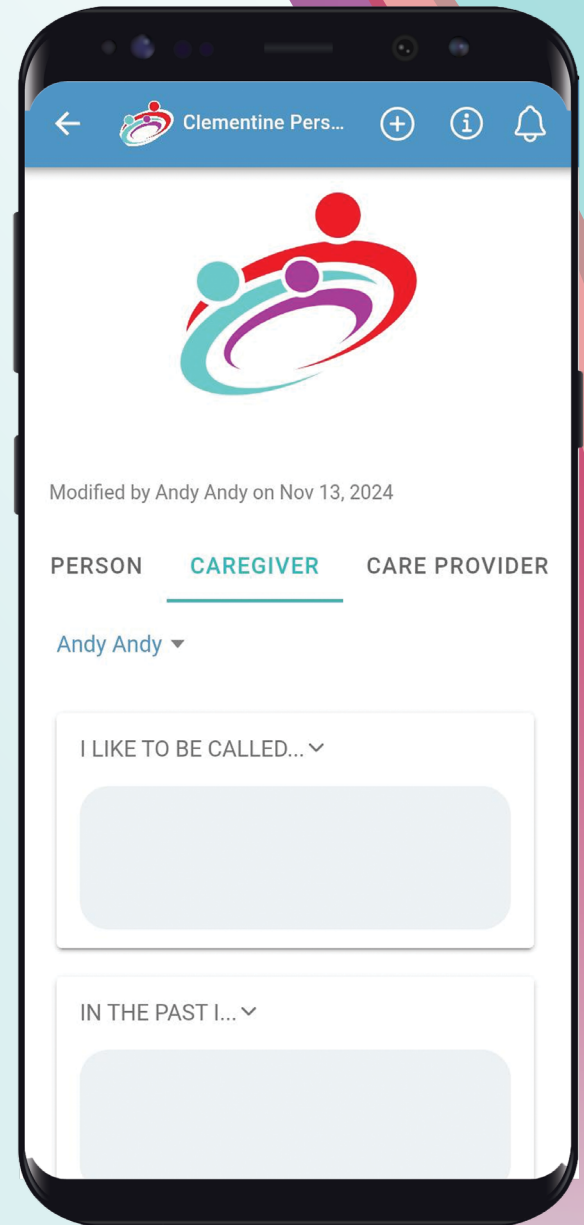




*Share more. Care together. Stay connected.*

## The ODJJ's Share Information Section provides tools to support learning about dementia & dementia care 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"*



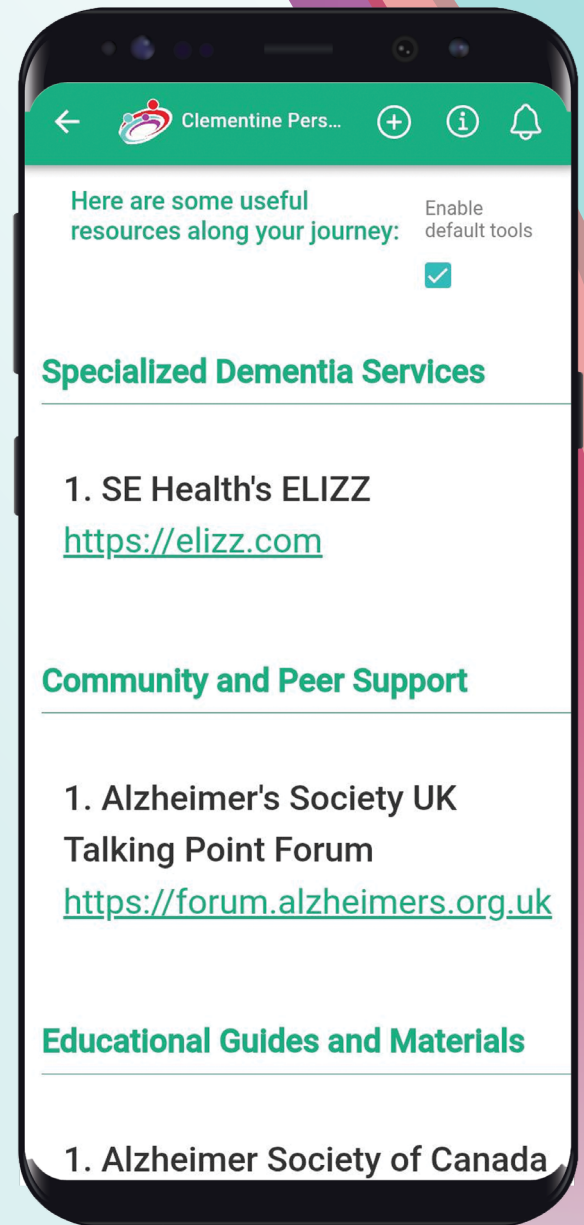


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## The ODJJ has a resource section to provide access to dementia care resources in Canada

*“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*



# The ODJJ is a dementia care resource that is tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities)

*“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*



**ODJJ**  
Our Dementia  
Journey Journal

This journal is adapted by and for the general public

**Blue Pages:** for sharing information to support relationship building

**Pink Pages:** a place to document your journey and well-being

**Peach Pages:** for diary keeping and noting your reflections

**Green Pages:** resources for when you are feeling overwhelmed

This is your journal, use it however you like!



**ODJJ**  
Our Dementia  
Journey Journal

This journal is adapted by and for South Asian communities in Canada

**Purple Pages:** an introduction to this journal

**Blue Pages:** for sharing information to support relationship building

**Pink Pages:** a place to document your journey and well-being

**Orange Pages:** for diary keeping and noting your reflections

**Green Pages:** available resources and services

This is your journal, use it however you like!



**ODJJ**  
Our Dementia  
Journey Journal

This journal is adapted by and for First Nations people

**Blue Pages:** for sharing information to support relationship building

**Pink Pages:** a place to document your journey and well-being

**Peach Pages:** for diary keeping and noting your reflections

**Green Pages:** resources for when you are feeling overwhelmed

This is your journal, use it however you like!



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## **The ODJJ opens up conversations to help destigmatize dementia:**

*“... 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*

