

Your ODJJ Features Toolkit

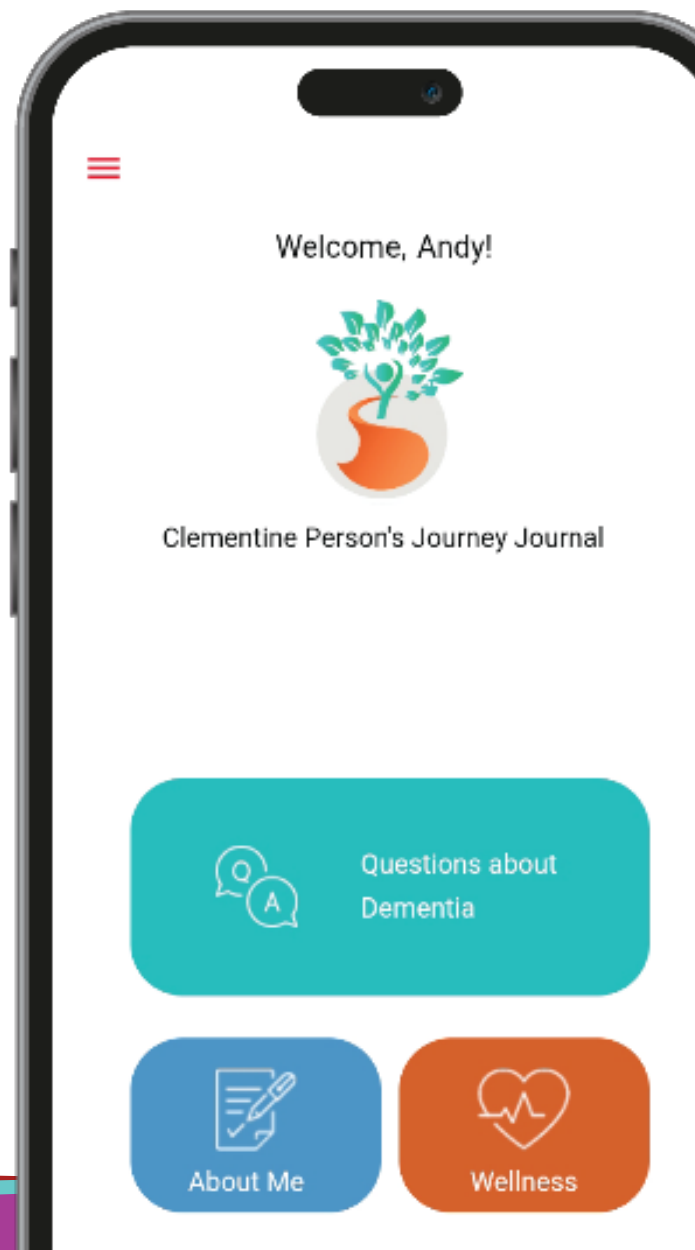
Tips to Support Use

Explore tips to help support use of the Our Dementia Journey Journal.

These tips will offer some tips on how to get started using the key activities in the ODJJ with ease.



ODJJ
Our Dementia
Journey Journal



RESOURCES: Collect information from trusted sources

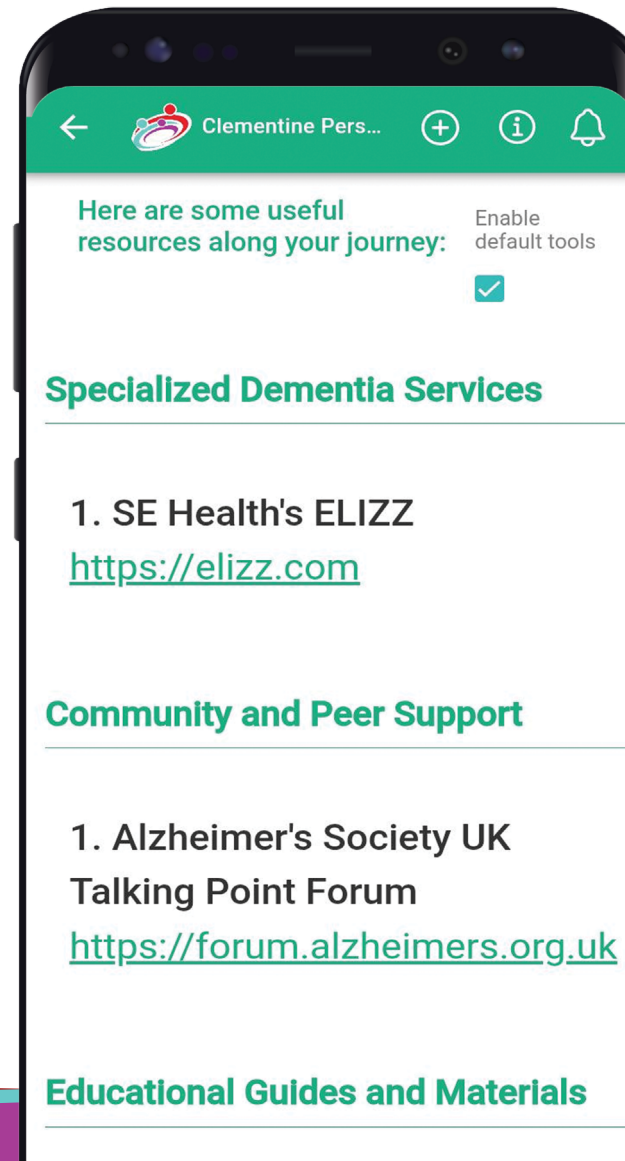
Tips to Support Use

Tip 1: Organizations/groups can create a local resource page for their community.

Tip 2: Upload photos, PDFs, or links you find during your journey (in app).



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TRACK WELL-BEING

Tip1: Use the Well-being Communication tool to track concerns to discuss with care providers during your next visit

Tip 2: Use the Symptom Tracker to Helps caregivers track symptoms to share with providers for necessary changes or support



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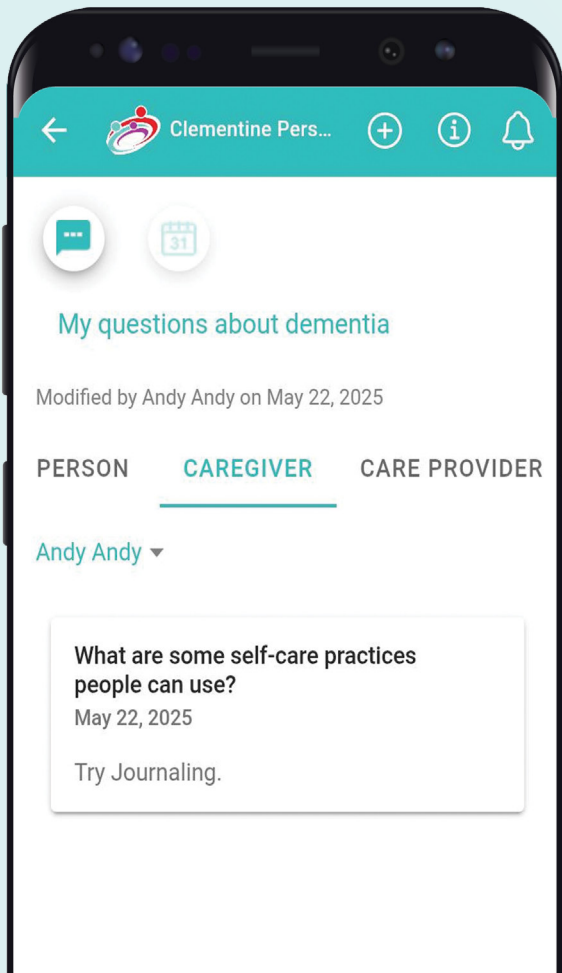
REFLECT: Journal & share notes or reflections

Tip 1: Care providers can capture images and compose captions to share with caregivers during program/events throughout the day.

Tip 2: Similar to social media posts, responses can be shared with other members within the circle of care using the app's share functionality.

ASK QUESTIONS

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



Share personal information with your Circle of Care

Tip 1: Use the All About Me activity to assist a person living with dementia during admission to a new environment (adult day program, long-term care, retirement home, etc.)

Tip 2: Use My Top 5 things as a quick snapshot to share important activities with a person living with dementia; caregivers can share significant aspects of their journey.



CHAT

Tip 1: 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)

Tip 2: Provides a method for long-distance caregivers to remain involved and communicate with the Circle of Care

