

www.odjj.ca



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*Share more.
Care together.
Stay connected.*



Where can the ODJJ be used?

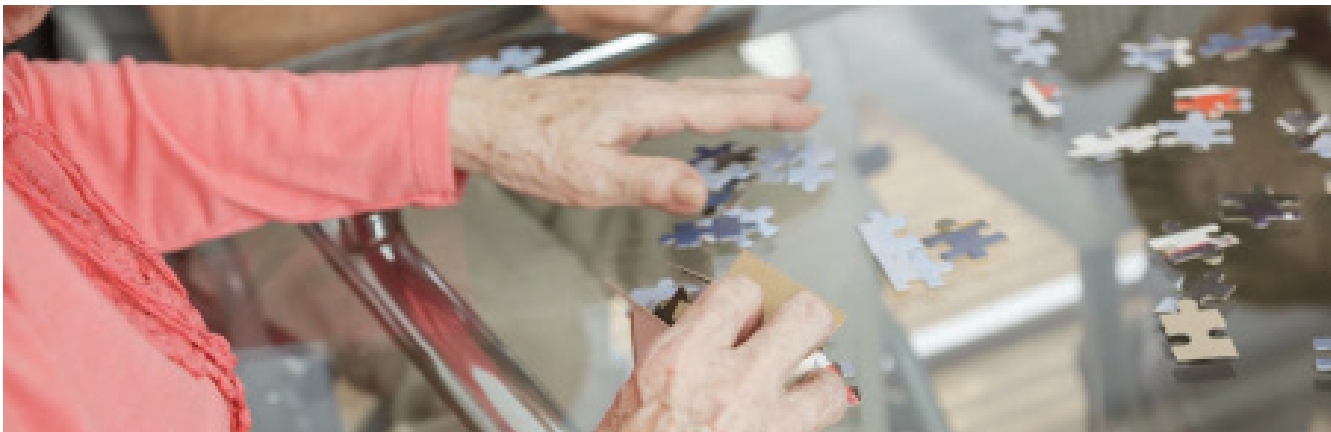
The ODjj is widely available across Canada and can be used in various settings such as:

- Care homes (continuing care, long-term care, retirement)
- First Nations communities
- South Asian community groups
- Adult day programs
- *and more*

To access more resources to share or
implement the ODJJ, visit our website

www.odjj.ca





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.



This ODJJ is free and publicly available as a **mobile application** (Apple and Android) or in a **paper-based format**. It is available in **English, French, Hindi, Punjabi**, and includes versions for the **South Asian and First Nations communities** that reflect cultural and community-specific needs.

Key Features

- **Ask:** Record and answer questions within the Circle of Care.
- **Share:** Share words, pictures and videos with the Circle of Care.
- **Track well-being:** Monitor wellness over time.
- **Reflect:** Journal and share notes or reflections.
- **Get Help:** Collect information from sources like the Alzheimer Society.
- **Chat:** Send and receive messages and updates within the Circle of Care.

Testimonials

- **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 AND**

- **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

- More dementia care resources tailored to specific communities (First Nations, and Punjabi, French and Hindi speaking communities) AND

- **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.” – Caregiver

