

How this program was evaluated: Our Dementia Journey Journal

- ▶ **Data collection methods:** Workshops, pre-post surveys or interviews, depending on the community's preference.
 - Pre- and post-implementation questionnaires measured the wellbeing of PLWD and family caregivers using the Quality of Life-Alzheimer's Disease (QOL-AD) Scale developed by Logsdon et al (1999) and the C-DEMQOL developed by Brown et al. (2019) respectively.
 - As a part of the 3-month pilot, post-implementation questionnaires and interview guides aimed to assess whether caregivers and care providers of persons living with dementia report an improvement in the wellbeing of the PLWD that they care for.

▶ Program Evaluation and Overall Impact

Workshops with 34 participants across three First Nations communities (Thessalon First Nation, Sagamok Anishnawbek and The Indian Friendship Centre in Sault Ste. Marie) were conducted to review the ODJJ and provide feedback on changes/suggestions to adapt the journal to meet the communities' needs. Participants were meaningfully engaged with:

- 91-100% of participants indicating that they always or mostly felt their experiences/ideas/opinions were heard in the workshop
- 88-100% of participants indicating that they were always or mostly confident that their participation will change how persons living with dementia, their caregivers and health care providers work together,

Workshop feedback was used to develop a tailored version of the ODJJ reflecting the communities' feedback as well as the development of an app, as requested by participants. The revised analog version of the journal has been disseminated back with the involved communities, with copies distributed to more than 38 people. A virtual workshop was conducted with five participants in British Columbia as well as interviews with two participants from rural communities in Ontario to review the ODJJ and provide feedback. In the words of one of the participants the ODJJ "is valid and could be extremely helpful to health care providers and carers at home."

For more, read SE Research Centre's [Research on the Run](#) summary of this project.

Learn more at [Canadian Dementia Learning and Resource Network](#)