

Executive Summary: Our Dementia Journey Journal

What You Need to Know

The Our Dementia Journey Journal was created to enhance communication and collaboration between people living with dementia, their care partners, and care providers through information-sharing and creative activities. Developed by the SE Research Centre, the journal was designed to equip care partners and providers with practical tools to navigate the evolving roles and needs of dementia care while promoting well-being and strengthening relationships. Cultural adaptations resulted in versions tailored to Indigenous, Francophone, and South Asian communities. A mobile app version is also available.

Program Goals

- Facilitate care-role negotiation and relationship building, and promote continuity in relationships and information sharing.
- Improve mental health and quality of life for people living with dementia, care partners, and care providers.
- Increase satisfaction and retention among care providers.

Achievements and Impact

From 2019 to 2022, the program was field-tested in diverse communities, resulting in culturally adapted versions for First Nations, Francophone, and South Asian populations. Key milestones include the creation of multiple language versions and the development of a mobile application to expand accessibility.

Key Outcomes

- 91-100% of participants felt their input was heard during workshops.
- 88-100% reported confidence that the program would improve collaboration between individuals, care partners, and providers.

Lessons Learned

- Community liaisons were essential to tailoring approaches and building trust in First Nations communities.
- Flexibility in evaluation methods, such as shifting from surveys to interviews, improved community participation.
- End-user involvement throughout the design process ensured the tool's cultural relevance and practical utility.

Why It Matters

The Our Dementia Journey Journal provides a unique resource to support the evolving needs of people living with dementia, care partners, and providers. Through culturally relevant versions and inclusive design, the Journal strengthens relationships and promotes continuity of care.

Visit the website to learn more:

- [Our Dementia Journey Journal](#)
- Browse other community-based dementia initiatives in the [Dementia Interventions Playbook](#).