



Our Dementia Journey Journal App Set Up Guide

January 2025

We are delighted to have you on board to try out the Our Dementia Journey Journal (ODJJ) App! This app is designed to support strong partnerships between people living with dementia, their caregivers, and care providers. To learn more about this project click [here](#).

This document contains a step-by-step guide of how to download the app and set up your account(s).

1. Downloading and installing the app:

<p style="text-align: center;">Google Play</p> 	<p style="text-align: center;">Apple Store</p> 
 <p style="text-align: center;">Link to Google Play Store</p>	 <p style="text-align: center;">Link to App Store</p>

2. Creating an account on the app:

A. Upon opening the app, select “Register” to create an account. There are 3 types of accounts that can be created:

Account Type	Description
Person living with dementia	Person receiving care
Caregiver	Family and friends in caregiver roles
Care provider	Healthcare staff, including healthcare aides/personal support workers, nurses, recreation therapists, and other professionals involved in the care of people living with dementia

B. **If you are establishing a new circle of care (if not, see C below):** You will create 2 accounts—1 for yourself (i.e., caregiver or care provider) and 1 for the person living with dementia. You will need a different email address for each account.

1. Start by creating an account for the person living with dementia by clicking on “Register” on the log in screen.
2. Fill in each box with their information. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.

3. Select “I consent to create an account on behalf of a person living with dementia”.
 4. Click “Register” at the bottom of the screen. You will be redirected to the log in page.
 5. Now create the caregiver/care provider account by clicking on the “Register” button on the log in screen again.
 6. Fill in each box with your own information this time. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.
 7. Select “I consent to create an account for myself”.
 8. Click “Register” at the bottom of the screen. You will be redirected to the log in page.
- Once you have created an account, it must be activated by a member of our team before you can log in. You will receive a confirmation email from our team once your account is activated after a maximum of 1 business day. If your account has not been approved within 1 day, please email odjj@sehc.com.
 - When your account is activated proceed to step 3 “**Forming a circle of care**” below.
 - Tip: Use the chart below to keep track of the log in credentials for each of your accounts:

Email	Role (e.g. caregiver, PLWD, care provider)	Password

- C. **If another user would like to add you to their existing circle of care:** You will create an account for yourself (i.e., caregiver or care provider) using an email address.
1. Click on the “Register” button on the log in screen.
 2. Fill in each box with your information. Your password must have at least 7 characters with uppercase, lowercase, numeric and special characters.
 3. Select “I consent to create an account for myself”.
 4. Click “Register” at the bottom of the screen. You will be redirected to the log in page.
- Once you have created an account, it must be activated by a member of our team before you can log in. You will receive a confirmation email from our team once your account is activated after a maximum of 1 business day. If your account has not been approved within 1 day, please email odjj@sehc.com.
 - When your account is activated proceed to step 4 “**Accepting a circle of care invitation**” below.
 - Tip: Use the chart below to keep track of your log in credentials:

Email	Role	Password

- 3. Forming a circle of care:** To access all of the features in the app and interact with other users, you will need to link all of your accounts by forming a circle of care. The circle of care consists of the person living with dementia, their caregivers (family and friends in caregiving roles) and their care providers (healthcare staff). Follow the steps below to create your circle of care:
 1. Once your person living with dementia account has been approved, log into it by typing the email and password for that account in the fields on the log in page.
 2. Once you're logged in, tap the Main Menu icon  in the top left corner of the screen.
 3. Select the "Circle of Care" tab in the Main Menu.
 4. Click on the  button next to caregiver or care provider to invite the other members of your circle of care using the email addresses for their ODJJ accounts.
 5. Now log out of your person living with dementia account by tapping on the Main Menu icon  in the top left corner of the screen again and clicking "Log Out" at the bottom.
 - Caregivers and care providers will receive an email invitation to join the circle of care. Please see step 4 below on how to accept an invitation.
 - The person living with dementia account can now become dormant because anyone in the circle of care can send out invitations once they've joined the circle.
- 4. Accepting a circle of care invitation:** once you have received an email invitation to join a circle of care, follow the steps below to accept the invitation:
 1. Log in to your caregiver or care provider account by typing the email and password for that account in the fields on the log in page.
 2. Tap the Main Menu icon  in the top left corner of the screen.
 3. Select the "Circle of Care" tab in the Main Menu.
 4. Select the "Received invitations" tab at the top.
 5. Click "Accept" on the invitation. You will now be a part of that person's circle of care and can view all the content related to their care in each section of the app.
- 5. Tips to explore the ODJJ app:**
 - **Explore the App:** We encourage you to try out all the different activities and features available in the app
 - **Learn About the Features:** Click on the information button  in the top right corner of each section of the app to access tutorial videos about the function of each section.
 - **Engage with Your Circle of Care:** Interact with other members of your circle of care as frequently as possible. We recommend logging in at least once a day for a minimum of 10 minutes.
 - **Provide Feedback:** Please make a note of any issues you encounter while using the app, any parts that are not intuitive to understand, and any ideas for improvement using the template provided.
- 6. Questions or Issues**

If you have any questions or experience any issues while using the app, contact the ODJJ support email at odjj@sehc.com.