

Rationale and features

1. There's too much scientific research coming out every day, it's often overhyped and can conflict with existing research, and I can't understand most of it
 - ✓ **Evidence Summaries**
Key messages from scientific research that you can act on
2. The Internet is full of free resources about the health and social aspects of aging, but it's hard to know which are worth a closer look
 - ✓ **Web Resource Ratings**
Evaluations that tell you whether free resources on the internet are based on scientific research
3. Scientific research often only partly answers one question among the many I have
 - ✓ **Blog Posts**
Commentaries on what the scientific research on a topic actually means and why good science matters
4. Making health care decisions can be difficult and overwhelming
 - ✓ **Patient decision aids**
Evaluations that tell you whether aids on a topic are well developed and based on scientific research
5. Newspapers cover lots of stories but the emphasis is usually on drama (dramatic findings from a new study, dramatic events with no mention of related scientific research), not substance
 - ✓ **@Mac_AgingNews Twitter feed**
Service that is 'hitting the headlines' with tweets about NEWS and related EVIDENCE from the McMaster Optimal Aging Portal

The Portal draws content from five best-in-class one-stop shops:

- >> McMaster PLUS and Patient Decision Aids ('my health'),
- >> Health Evidence ('our health'), and
- >> Health Systems Evidence and Social Systems Evidence ('our systems').

To keep up to-date with new research and receive lists of new content recently added to the Portal, users can opt in to receive **email alerts**.