

## 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**.