**HANDOUTS FOR SELECTING AND EVALUATING   
HEALTH INFORMATION AVAILABLE ON THE INTERNET   
(WEBSITES, FORUMS AND VIDEOS**)

**1. Websites about health and care for the elderly and people with dementia**

When you select websites (WWW) in search of information about forms of help, care and care for the elderly, you should start with a review of the websites:

* Ministries
* Voivodship, municipal and regional offices
* Social welfare centers
* Proper health institutions (in Poland: National Health Fund)
* Non-governmental organizations

On each of the official websites of the institution there are tabs, some of which are dedicated to users seeking information. These are usually very general information containing attachments with the development of a topic or detailed materials or referring to other source materials using the so-called links.

* The official websites of offices and offices include:
* Current legal regulations,
* Information about implemented projects and programs,
* Contact details of organizations and institutions dealing directly with assistance, counseling and support for persons caring for the elderly.

In order to search for a proper office, enter its name in the search engine, eg "Szczecin City Hall" or "West Pomeranian Voivodeship Office".

Another way to find information is to use the so-called "With keywords". These words entered in the search engine allow access to many specific pages on a given topic. Looking for information about elderly care, the following key names may be useful: older people, care, dementia symptoms, dementia behavior, older person's performance, care at home, care problems, old age, geriatric care or phrases: older people - everyday activities , care for the patient at home, the quality of life of an elderly person, a guide for carers of the elderly, prevention of burnout in the profession of an elderly caregiver, help for people looking after the elderly at home,

As a result of searches using key words or phrases, most often access to publications and scientific articles, advertisements and announcements of companies providing care, multimedia presentations, guides, information services, and educational materials**.**

**2. Films about health and care for the elderly and people with dementia**

Non professional carers of elderly pepople at home which search educational materials on the Internet are also interested in films. The most adequate material are instructional videos. Two techniques can be used to reach the footage:

1) in the search engine enter the previously indicated keywords or phrases with a note of film, then a large list of information redirecting to the footage will appear,

2) directly enter the address of the site containing only videos, e.g. www.youtube.com, and then enter the words of keys or phrases in the selection window

Material verification should follow the rules given in the description of the selection and selection methodology.

**3.** **Forums devoted to health and care for the elderly and people with dementia**

The aim of forums is to exchange information and experiences between their participants (Internet users), who are not always professionals in a given field. Through the forum, you can ask a question, share your problem, ask other forum participants for advice. You can also speak in a discussion (discussion forum) referring to the opinions of others. The forum can be a very good support group and compensate for the need for social contacts, which in older people's carers, due to the burden of duty and lack of time, is often badly shaken. On the forums you can also ask a question addressed to professionals (science forum). In order to search the forum for the appropriate topic of care for the elderly, the search engine should enter the words keys with the forum post.

Please note that not all materials, videos and forums available on the Internet are free, for some access you must pay a fee. Even paid access to information published on the web should be selected according to the rules given in chapter III.

**4. PRACTICAL TIPS**

1. Use anti-virus software,

2. Open messages only from people you know,

3. Carefully download files from the network,

4. Avoid clicking on unknown links and attachments in e-mails,

5. Do not provide personal data or passwords in the network, do not send your photos,

6. Protect your accounts on social networking sites,

7. Use hard to guess passwords, which are a combination of letters and numbers,

8. Read the regulations,

9. Check if the page you log in to has security

10. Remember that the person on the other side does not have to be who he says he is.

**5**. **SUMMARY AND CONCLUSION**

1. Internet is a popular source of information, it is given as the first source of media information in obtaining information about health, diseases and health problems.

2. In the health care system, the use of new technologies in access to medical services is ineffective.

3. There is a need to popularize the use of the Internet in order to access information about caring for an elderly person

4. The elementary rules assessing the credibility of medical information on the Internet should be promoted.