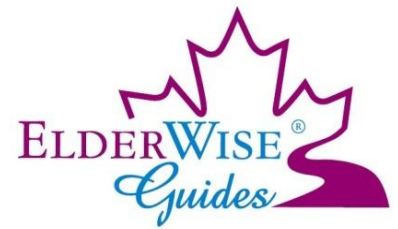


## Reliable Information on the Internet



Use the following checklist to determine whether a specific site is providing trustworthy information.

| Criteria  | Your comments |
|---|---------------|
| <p><b>How credible is the author?</b><br/>                     Is the author's name included? Is he/she a professional or authority on the subject?<br/>                     What are the author's credentials? Would these credentials make the author an expert on the subject?<br/>                     Does the author rely on personal experience?</p>   |               |
| <p><b>How credible is the organization?</b><br/>                     If an organization is listed as the source of the information, is it recognized as an authority on the subject?</p>  |               |
| <p><b>How valuable is the content?</b><br/>                     Are medical or scientific terms clearly explained?<br/>                     What kind of scientific evidence is provided?<br/>                     Is the information current?<br/>                     Does the site include Canadian content?</p>   |               |
| <p><b>Is your privacy protected?</b><br/>                     Are privacy guidelines clearly stated?<br/>                     If you need to register to use the site, is your privacy ensured?</p>   |               |
| <p><b>How valuable is the site?</b><br/>                     Is the site user friendly?<br/>                     Does the site offer a clear statement that health information should not be taken as health advice or a substitute for visiting a health professional?<br/>                     If there are fees associated with use of the resources on the site, are they clearly explained?<br/>                     Is there an email to contact a web manager or administrator if you have problems with the site?</p> |               |

More Information: visit our website and sign up for our free e-newsletter, ElderWise Info. [www.elderwise.ca](http://www.elderwise.ca)

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