



The McMaster Optimal Aging Portal & iGeriCare Dementia Education Platform

Prepared for: Professors Emeriti Network

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MCMASTER OPTIMAL AGING PORTAL

URL

mcmasteroptimalaging.org

What is it?

The Portal offers free, direct and easy access to evidence-based information about how to stay healthy, active and engaged, and how to manage our health conditions, as we grow older. It offers trustworthy information about health and social aspects of aging for citizens, clinicians, public health professionals and policymakers. It's informed by several health and social science databases of evidence-based content.

Why did we create it?

People are looking to age well, and stay active, healthy and engaged. They want immediate access to credible health information, but that is not always straightforward. There is too much information on the internet; with a lot of misinformation; and it can be challenging to evaluate the quality. A lot of media coverage reports on single research studies or dramatic findings, rather than systematic reviews or best available evidence.

Features

Portal content consists of several formats:

- Blog Posts - short articles on a variety of topics addressing health and social aspects of aging. The Blog Posts are based on the best scientific evidence available on the topic.
 - Videos and e-Learning - multimedia content featuring McMaster experts discussing a wide range of topics related to healthy aging and mobility.
 - Evidence Summaries - key messages from scientific research written in plain language.
 - Web Resource Ratings - evaluations of health resources on the internet, rated for use of research evidence, rigorous development process, and usability. The key messages are summarized.
 - Email Alerts - Email alerts are lists of new content that has been recently added to the Portal. Subscribers receive updates once per week.
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IGERICARE DEMENTIA EDUCATION PLATFORM

URL

igericare.ca

What is it?

An award-winning, freely available dementia education for family/friend care partners of people living with dementia. Our goal is to provide easy access to simple lessons and helpful resources that allow individuals to learn about all aspects of dementia at their own pace, in their own homes.

Why did we create it?

Based on our clinical experience with patients and families, we saw the need for a high quality, internet-based, multimedia, instructionally designed resource to better explain various aspects of dementia to families. The site was developed by Drs. Richard Sztramko (Geriatrician) and Anthony J. Levinson (Psychiatrist), along with the Division of e-Learning Innovation at McMaster University.

Features

The iGeriCare platform consists of several formats:

- Lessons - 12 multimedia, interactive lessons on core topics related to dementia, mild cognitive impairment, promoting brain health, and caregiver wellness.
- Live Online Events and Recordings - expert live webinars focused on a particular topic, with audience Q&A. There are now over 30 live online event recordings available.
- Subscription Micro-Learning - you can subscribe to weekly emails with small amounts of content to reinforce education from the lessons.
- Resources - curated documents and links on various topics.

The platform has also led to the creation of a separate initiative, the Dementia Foundations Program.

<https://dementiafoundations.machealth.ca/>

That program is credentialed education designed for unregulated care providers such as personal support workers, healthcare aids, care companions, and others working in home, community, or long-term care settings.
