

**Example of workshop to organize with seniors –
Searching for health-related information and recognize unbiased/official sources:
(1 hour intervention)**

1. Objectives of the workshop: During the workshop, seniors will learn:
 - how to search for health-related information online;
 - how to recognize biased sources;
 - how to identify official sources of health information.
2. Scope of the workshop: The workshop won't focus on a specific health topic, it will be a more general workshop covering a range of health-related topics.
3. Workshop structure: Given the amount of time for the workshop and the expected heterogeneous level of experience of the attendees, the workshop be structured into three sections.
 - At the beginning of the workshop, seniors will be encouraged to share their experiences searching for health information and ask questions. This can help to create a collaborative learning environment and ensure that everyone benefits from the workshop.
 - Then, the group discussion will be followed by a short presentation on how to search for health information online.
 - Lastly, the workshop will end with a practical session where attendees can try out together the techniques they have learned (with questions already prepared by the senior organization and with questions seniors might have).

I. Questions to engage the group and facilitate the discussion at the beginning of the workshop:

Here are some possible questions to ask to engage with the seniors at the beginning of the workshop:

1. Have you ever searched for health-related information online? What was your experience like?
2. What sources of health information do you trust the most? Why?
3. Have you ever shared health information with others that you found online? How did you determine whether the information was accurate or not?
Are there any particular health concerns or conditions that you are currently dealing with or that you are interested in learning more about?
4. Have you ever had difficulty finding the information you were looking for when searching for health-related topics online?
5. Are there any websites or online resources that you frequently use to find health information? Which ones and why?

- **Start by explaining what is the purpose of the workshop:**

“Have you ever searched for health-related information online and found yourself overwhelmed by the amount of information available?” It can be challenging to determine which sources of information are trustworthy and which are not. This can lead to confusion and misinformation.

That's why it's important to know how to identify official sources of information online. Official sources provide reliable and accurate information that you can use to make informed decisions about your health. By participating in this workshop, seniors will learn how to recognize official sources of health information.

During the workshop, we will focus specifically on health-related information and cover topics such as how to search for health-related information online, how to identify biased sources, and how to recognize official sources of health information. By learning these skills, participants will be better equipped to find trustworthy information that can help them make informed decisions about their health and well-being.

We understand that the internet can be overwhelming, but with the right tools and knowledge, seniors can confidently navigate the web and find accurate information. We hope that by taking part in this workshop, seniors will feel empowered to take control of their health and make informed decisions based on reliable sources of information.

- **Some examples of health-related websites will be screened. Participants will be asked to evaluate whether they think the websites are trustworthy or not, and explain why.**
- **Tips to help recognize official sources of information online will be given:**
 1. **Look for trusted domains:** Government websites often end in .gov, educational institutions use .edu, and non-profit organizations use .org. These are generally considered to be more trustworthy than commercial sites with .com domains.
 2. **Check for authorship** (who wrote the article): Look for articles or reports that are written by experts in the field or institutions that are recognized in the industry. You can also check the author's credentials, including their educational background, professional affiliations, and experience in the field.
 3. **Check the date:** Make sure to check the date of publication to ensure that the information is current and up-to-date. You may also want to check if there have been any updates or revisions made to the information since it was originally published.
 4. **Consider the tone and style:** Official sources of information tend to be written in a formal, objective style and avoid the use of hyperbole or sensational language.
 5. **Look for citations and references:** Official sources of information often include references or citations to other reputable sources. This demonstrates that the information is based on sound research and analysis.
 6. **Check for funding sources:** Be aware of the funding sources of the website or organization providing the information. If the information is funded by a biased party, it may not be objective.
- **A list of national-recommended websites for reliable health information will be provided.**

III. Practical activity to try out together the techniques seniors have learned:

- **Examples of questions seniors might want to ask (with for each question, an example of a reliable site of information and a not trustworthy one) :**
- **Questions seniors will ask**