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OPTIMAL AGING PORTAL

mcmasteroptimalaging.org



Information about
healthy aging
you can trust

Read trustworthy articles about exercise, nutrition, common health conditions, social care, elder abuse, financial security & retirement planning, volunteering, and so much more.

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McMaster University created this free website to give you access to helpful, evidence-based information about the health and social aspects of aging.

What can you find on the Portal?

- **Blog Posts:** we use scientific evidence to provide insights on common health conditions.
- **Web Resource Ratings:** we assess the quality of free online health resources using a 5-star rating scale based on evidence and usability.
- **Evidence Summaries:** we highlight the key messages from high quality research studies using plain language.



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