NHS
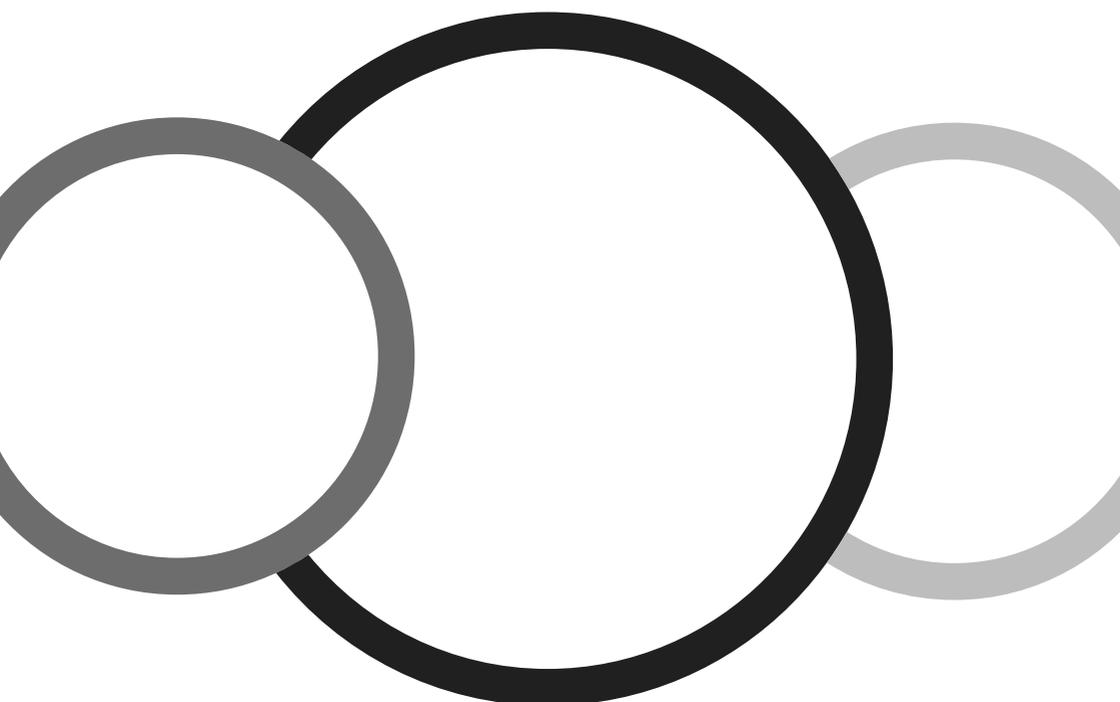
**Basildon and Thurrock
University Hospitals**
NHS Foundation Trust

Patient Information

Finding information about dementia and related conditions

Are you, or is someone you care for, affected by dementia?

The purpose of this booklet is to help you to find quality and trustworthy sources of health information about dementia on the internet. You can then choose to add to the information you have already been given and research health-related issues for yourself.

If you do not have a computer or mobile device you can use your public library. If you take this booklet with you, they can help you access the websites listed.

Useful website for dementia patients and carers

- **Alzheimer's Society** – www.alzheimers.org.uk
- **Dementia Friends** – www.dementiafriends.org.uk
- **Alzheimer's Research UK** – www.alzheimersresearchuk.org
- **Dementia UK** – www.dementiauk.org
- **AT Dementia** – www.atdementia.org.uk
- **Dementia Action Alliance** – www.dementiaaction.org.uk
- **Age UK** – www.ageuk.org.uk
- **Carers Trust** – www.carers.org
- **Carers UK** – www.carersuk.org

General healthcare websites

NHS Choices – www.nhs.uk

This site is funded by the Department of Health. It is provides trustworthy information and guidance on all aspects of health and healthcare. NHS Choices ensures its content is evidence-based and includes the best scientific knowledge available. It is accredited by The Information Standard.

Patient.co.uk – www.patient.co.uk
Patient.co.uk is the UK's leading independent health site, established for over 15 years. With more than 8 million visits a month, it is a trusted source of information for both patients and health professionals nationwide.

The site contains health information leaflets, a wellbeing centre, a free health check, and thousands of discussion forums. It is accredited by The Information Standard and Health on the Net Foundtion (HON).

Evidence Search – www.evidence.nhs.uk
Provided by the National Institute for Health and Care Excellence (NICE), the body that oversees and provides quality standards and guidelines for health organisations in the UK. Evidence search provides access to selected and authoritative evidence in health, social care and public health.

The sites mentioned above are reliable. The internet is a wonderful resource however not everything found on it is trustworthy, accurate, reliable or up to date. Anyone can put information on it but there is no editor, checking for inaccuracies or out of date information. It is up to the user to decide how relevant the information is and to determine the reliability of what they find.

How can you know what else you can trust online?

Quality Standards

There are two quality standards found on websites which are a clear indication that the information they contain should be trustworthy.

Many good sites do not have these but these standards are one way for you to judge the reliability of a website.

The Information Standard

This is an independent certification programme commissioned by NHS England. It is awarded to organisations producing clear, accurate, up to date, evidenced health information.

The Information Standard website has a list of all bodies it has given certification to.

For more information about the scheme and a list of organisations awarded a certificate see **www.england.nhs.uk/tis**

Health on the Net Foundation (HON)

HON is a non-governmental organisation which promotes useful and reliable online health information and its appropriate use. It is the most widely used and best trusted ethical code for health/medical websites. The HONCode logo can be found on trusted sites.

For more information see www.healthonnet.org/pat.html

How do you find other trustworthy websites?

When you are looking at a website, think **WWW** (Who, What, Where).

Who
- Who has written the information?
- Who has published it?
- Are they a trustworthy source of information?
- Are they trying to persuade you/sell you something /inform or misinform you?
- Look at the "About Us" section on the site. This should give you some of this information.

What
- What is on the site?
- Is the information accurate: or can you spot errors (eg. typographical errors or broken links).
- Is it relevant and up to date?
- Do they link the information to evidence?
- Is the information balanced or one-sided?
- Do they tell you where the information has come from?
- Check if the links to other information or sites work. Are they broken? Too many of these may indicate the site is no longer being maintained.
- Look at the last updated information (usually at the bottom of the web page). This will tell you when the information was added. Look

for references or links to the evidence.

Where

- What part of the world is the website coming from? Statistics and treatment information may not be relevant to the United Kingdom. Does the origin affect the slant of the information?
- Look at the web address information as this will often indicate the country of origin and type of organisation. The URL (uniform resource locator) root will also give clues. See below for examples:

> .au = Australia
> .ca = Canada
> .de = Germany
> .com or .org = an organisation
> .ac = an educational site
> .org = a charitable organisation
> .gov = a government site
> .nhs = an NHS site
> .edu = U.S. higher education site

The Internet Assigned Numbers Authority (IANA) is responsible for the global coordination of the DNS Root, IP addressing, and other Internet protocol resources. www.iana.org

Here are some sites you might like to explore on the subject of sourcing reliable information:

Staying safe online

http://www.nhs.uk/aboutNHSChoices/aboutnhschoices/staying-safe-online/Pages/find-health-information-online.aspx

MedlinePlus Guide to Healthy Web Surfing

http://www.nlm.nih.gov/medlineplus/healthywebsurfing.html

This leaflet has been produced by Basildon Healthcare Library and The Dementia Project at Basildon and Thurrock University Hospitals NHS Foundation Trust.

We would appreciate any feedback or evaluation about its usefulness from patients,carers or staff. Please give your feedback to the library:
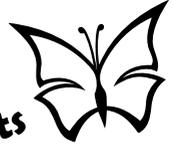
Email **library@btuh.nhs.uk** or call 01268 524900, ext 3594

Notes:

Enhancing dementia care for our inpatients

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Patient Advice and
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01268 394440
pals@btuh.nhs.uk

The Trust will not tolerate
aggression, intimidation or
violence.

This is a smokefree Trust.
Smoking is not allowed in any of
our hospital buildings or grounds.

This information can be provided
in a different language or format
(e.g. large print, Braille or audio
version) on request