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## **The DUC Healthy Aging Website: Providing Online Occupation- Based Information**

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## Abstract

Access to current, evidence-based health information for older adults (OAs) is an important step to the promotion of health and wellness for all age groups, including OAs. Since the Internet is easily accessible and is being used more frequently by OAs, an effective way to convey relevant up-to-date health is through a website devoted to the dissemination of health promotion information tailored for OAs, including tips for integrating healthy habits into their lifestyle. Dominican University of California's (DUC) Healthy Aging website contains relevant and evidence-based research, including activities and local community based programs that promote healthy aging on the DUC campus. The objective of this project was to further enhance the DUC Healthy Aging website by introducing new information and resources regarding health promotion strategies to keep OAs emotionally and physically well. New topics included "Living Safely Inside and Outside of Home," "Local Events," "Emotional Wellness," "Tips for use of technology," "Apps You Can Use," and "Position, Movement, & Ergonomics."