

Workshop Curriculum on Internet Health Information



**for Caregivers of Children
with Developmental
Disabilities**

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Introduction to the Module

Developmental disabilities (DDs) are a group of conditions. They first show up in childhood. DDs result from injury to the brain before the baby is born. They cause problems in many areas of daily life. These areas include communication, learning, behavior, and movement.

DDs affect 17% of children in the U.S. DDs costs include special education, medical and other care, demands on caregivers, income loss, and increased risk of early death.¹

Parents and other caregivers often have questions about their child's health. Parents' can be helped by teaching them how to find health info. This workshop teaches basic Internet skills so they can find info about DDs.

Goals and Objectives of the Module

The program's main goal is to reduce the differences in access to and use of health info on the Web. The module is for working class people who have limited access to computers. We want people to use the Web to make healthy decisions. Through this workshop, we teach people to:

- ◆ Search for useful health info on the Web;
- ◆ Find community resources on the Web;
- ◆ Evaluate the info to make sure it is reliable; and
- ◆ Learn new skills to use computers and the Web.

This workshop's main goal is to teach people to find info on DDs. The workshop's objectives are to:

- ◆ Increase participants' skills in using the Web to find info about the child's condition; and
- ◆ Increase participants' ability to demonstrate their skills on finding reliable websites related to their child's condition.

¹ Decouflé P, Boyle CA, Paulozzi LJ, Lary JM. Increased risk for developmental disabilities in children who have major birth defects: a population-based study. *Pediatrics*. 2001;108:728-734.

Research on Increasing Caregivers' Use of the Internet for Health Information

The main purpose of this course is to increase the use of the Web to find reliable information about childhood developmental disabilities. To meet this goal, we did a literature search in two areas. One area focused on the current number of people who use Web for health info. The second area was on studies that increased Web use.

Baker and partners measured the number of people in the U.S. who use the Web to look up health care. They looked at how Web and e-mail use affected what people know about health care. It also looked at their use of the health care system. Results showed that 40% of people with Web access used it to look for info about health or health care in 2001.²

A Pew report released in 2002 shows that the Web has become an important source of health info. The report said that 70% of parents use the Web in the U.S. Looking for health info is one of the most common actions.³ This shows that the Web can be useful in helping people find info about specific health topics and decisions.

Ritterband and partners tested the effects of an information prescription. They wanted to see if parents would visit a website for health info. This prescription gives specific info to a patient on how to deal with a health problem. This study measured two things. First, it looked at the number of families who visit the website prescribed by their doctor. Second, it looked at the effect of an e-mail reminder in increasing the number of families that visit the website. It also found some barriers to using the given website.⁴

Results showed that almost 66% of the families given these prescriptions logged on to the given website. The chance that families would access the website rose by 45% with an e-mail reminder. The main barrier was lack of time. This study shows that people will increase their use of the Web to find health info when directed to by an authority figure.

In another study, parents of patients at general pediatric clinics were put in two groups. One group received no special info. The other group was given an information prescription by the doctor. It contained a list of websites where patients could find reliable info. This was followed by a hands-on training on using the Web to search for info on child health. The training was performed in a clinic. In addition, the people in the second group received a short written description of the training and a list of places for computer access such as public libraries.

² Baker L, Wagner TH, Singer S, Bundorf MK. Use of the Internet and e-mail for health care information: results from a national survey. *JAMA*. 2003;289:2400-2406.

³ Allen K, Rainie L. *Parents Online*. Washington, DC: Pew Internet & American Life Project; 2002. Available at: http://www.pewinternet.org/pdfs/PIP_Parents_Report.pdf. Accessed November 9, 2005.

⁴ Ritterband LM, Borowitz S, Cox DJ, Kovatchev B, Walker LS, Lucas V, Sutphen J. Using the Internet to Provide Information Prescriptions. *Pediatrics*. 2005;116:643-647.

Results showed that the trained group used the Web more to find health info than the first group. The people in the trained group who did not use the website said that they would some time in the future. The trained group also shared the info with family or friends. In general, this study resulted in changes to parents' attitudes and behaviors towards the Web. It showed that people's use of the Web for health info could be increased.⁵

⁵ D'Alessandro DM. Kreiter CD. Kinzer SL. Peterson MW. A randomized controlled trial of an information prescription for pediatric patient education on the Internet. *Arch Pediatr Adolesc Med.* 2004;158:857-862.

Planning for the Training Workshop

Preparation

To get ready for a workshop session you will need to take these steps.

In the weeks before the session

- ◆ Read this Guide.
 - Be familiar with the guide
 - Adapt the script and handouts to your needs
 - Practice
- ◆ Included with this Guide is a CD. On the CD are:
 - This Guide
 - The PowerPoint show for you to use if you do not have Internet access.
- ◆ Arrange for a classroom which should have:
 - Enough computers for every one to two students;
 - Internet access on all computers (see below if you cannot get access); and
 - A computer with LCD projector at the front on which you can demonstrate.
- ◆ What to do if you are in a classroom that does not have Internet access.
 - On this CD is a PowerPoint file named WorkshopSlides.ppt. This file is a show with pictures of each of the Internet screens used in the Workshop. You can use this show when Internet access is not available.
 - You should be able to use most of the script as it is.
 - You will not be able to have students practice using the Internet.
- ◆ Invite students. Choose the methods most appropriate for your target community.
 - Post flyers;
 - Mail invitations; or
 - Announce it in community papers or newsletters.
- ◆ Register students.
 - You will want to know how many people are come so that you do not have too many or two few people.
 - Ask students to bring the name of their child's disability.

- ◆ Prepare the student packets. For each student you will need:
 - A two-pocket folder;
 - A sticker for the front of each folder with the name and date of the workshop; and
 - Copies of all of the handouts – feel free to adapt them.
 - Handouts are located on pages 21 through 37 of this Guide.
 - Note: It is always helpful to have a few extra copies.

We set up our packet as follows.

Left Side (top to bottom)

Pre-Test
Post-Test
Take-Home Practice Guide
List of Internet Resources

Right Side (top to bottom)

Agenda
In-Class Practice Guide
Facts on Developmental Disabilities

The day of the workshop

- ◆ Bring to the session:
 - Student packets (see below);
 - Note paper for students;
 - Pens or pencils; and
 - Coffee, juice and snacks if you are serving them.
- ◆ Set up the classroom. Make sure:
 - There are enough chairs;
 - The computers work and are turned on; and
 - Your computer and the LCD projector are hooked up and working.

About the Websites Used in the Training

MedlinePlus

The main website used in this training is MedlinePlus. It is from the National Library of Medicine. The U.S. National Library of Medicine is the world’s largest medical library. MedlinePlus was created to help answer the public’s health questions. The site also has information about medicines, a medical encyclopedia, interactive patient tutorials, and the latest health news. The site is very user-friendly and up-to-date. The website also has information in Spanish, and easy to read formats.

GeneralPediatrics

The second website demonstrated in the training is GeneralPediatrics. This website is by a pediatrician who specializes in virtual medicine or providing health information on the Internet. The site has information on almost 400 common pediatric problems.

Understanding the Outline and Script

The next part of this booklet is the main part which will guide you step-by-step through leading the workshop—the Outline and Script for the Training Workshop. The workshop is two hours long. The workshop is broken down into sections of 10 to 30 minutes. The script starts at negative thirty minutes. This means that thirty minutes before the scheduled start time you need to be ready to greet the participants.

For each section the time needed, purpose and actions are given. The outline of the section is followed by a script which is in a box. This is our suggestion of what to say in each section. You can say the script as it is written or adapt it to your style or situation. Either way you should feel and sound natural. Within the script there are occasionally directions to you the leader of specific actions to take while speaking. The directions are in parentheses and italics.

Below is a picture of the outline and the script.

			Section Title ↙
Time Needed	→	0:30 to 0:45 <i>(15 minutes)</i>	Introduction to Participants and the Workshop
Purpose	→	<i>Purpose</i>	Introduce the facilitator and participants and outline the purpose of the workshop.
Actions	→	<i>Actions</i>	<ul style="list-style-type: none"> ▪ Introduce yourself. ▪ Ask participants to introduce themselves. ▪ Take note of the topics of interest to the group. ▪ Review the contents of the participant folder.
Script	→	<p>Welcome! My name is _____ and I work with _____ (PIA/Partners for Health Information/etc.). I will be leading you tonight in your exploration of health information on the Internet.</p> <p>I would like all of you to introduce yourselves. Please tell us your name and say if there is anything special you would like to learn or see today. <i>(Write down the topics.)</i></p> <p>I would like to go over with you what is in your folders. <i>(Hold up each item as you mention it.)</i> On top in the right-hand pocket, is a welcome letter with agenda. Behind the letter is a guide for the practice exercises. Behind that is a list of Internet resources for you to use in future searches. You already filled out and returned to me the pre-test which was in the left pocket. There is also a post-test in the folder which I will ask you to complete at the end of the workshop.</p>	
Directions	↙ ↘		

Outline and Script for the Training Workshop

-0:30 to 0:00 Check in with Meet and Greet

(30 minutes)

Purpose Greet people as they arrive, check them in, and make them feel comfortable.

Actions

- Ask each person to sign the attendance sheet.
- Give each person a folder and ask him or her to complete the Pre-Test in the left pocket of the folder.
- Offer refreshments and encourage people to meet each other.

0:00 to 0:15 Introduction to Participants and the Workshop

(15 minutes)

Purpose Introduce the facilitator and participants and outline the purpose of the workshop.

Actions

- Introduce yourself.
- Ask participants to introduce themselves.
- Take note of the topics of interest to the group.
- Review the contents of the participant folder.
- Discuss privacy issues.

Welcome! My name is _____ and I work with _____ (PIA/Partners for Health Information/etc.). I will be leading you tonight in your exploration of health information on the Internet.

I would like all of you to introduce yourselves. Please tell us your name and say if there is a special topic you would like to learn about today. *(Write down the topics.)*

I would like to go over with you what is in your folders. *(Hold up each item as you mention it.)*

On top in the right-hand pocket, is a welcome letter with agenda. Behind the letter is the In-Class Practice Guide for later in the class when we have practice time. Behind that is a Facts Sheet on Developmental Disabilities and Internet Use.

You already filled out and returned to me the pre-test which was in the left pocket. There is also a post-test in the folder which I will ask you to complete at the end of

the workshop. Behind that is the Take-Home Practice Guide for you to use at home to repeat the steps learned here today. At the back is a list of Internet resources for you to use in future searches.

During this workshop some of you might tell us what medical problems you or a member of your family are facing. To keep everyone's information private we ask all of you not to repeat anything you learn about someone's personal medical information outside of this room.

As you all know, we are here today to learn to use the Internet to learn more about childhood developmental disabilities. Childhood developmental disabilities are a group of conditions that affect children early in life. Most of these conditions appear during the first few years of life and result in a malfunction in one or more areas of the brain which affects the child's ability to function normally.

In the following sections, you may not be able to complete everything if people's skill levels are lower and you need for more time to complete the activities.

0:15 to 0:25 Introduction to the Browser

(10 minutes)

Purpose Orient the participants to the features of the browser.

Actions

- Ask participants to take out the Practice Exercise handout
- Explain components of the browser
- Allow people to practice

Open your browser (Netscape or Internet Explorer) to: www.medlineplus.gov

(Demonstrate opening the browser.)

(Point to each item as you discuss it.)

The **Title bar** is the blue line at the top that gives the title of the web page.

The **Address or Location box** displays the web page address.

The **Minimize, Resize and Maximize** buttons which control the size of the page.

The **Close** button which closes and exits a page.

Links, identified by the grabber (hand), move you to a new page when you click your left mouse button.

The **Back** button returns you to the previous page.

The **File** button allows you to print and save a page. (*Open the menu and show them the print and save options.*)

The **Bookmarks or Favorites** button allows you to keep the address of a page in a list.

0:25 to 0:50 Beginning a Search

(25 minutes)

Purpose Demonstrate using the Internet to find health information and allow time for participants to practice finding information.

Actions

- Show the class how to type in the address in the Address or Location box
- Demonstrate the sections of MedlinePlus homepage
- Demonstrate finding a topic on MedlinePlus

Before we begin looking at the Internet, I want to encourage you to take notes while I talk. We will have time for you to practice later so take notes that will help you then. Your notes might also be useful in the future when you want to search for health information.

Now let us look at a health information website. We type the address or URL of the website we want to visit in the Address or Location box. We are going to start our search on MedlinePlus. (Type *www.medlineplus.gov* in the Address box.)

MedlinePlus is a website created by the National Library of Medicine. It was created for consumers like us to find out more about health topics. You will notice when we look at the website that there are no advertisements, which is one of the reasons we know we can trust the information we find here. This site is very user-friendly and up-to-date.

Let's look at the different resources we have on the webpage. Most of our search tools are on the left side of the screen. *(Point out the search topics on the left side of the screen.)*

Our choices are Health Topics, Drug Information, Medical Encyclopedia, Dictionary, News, Directories, Other Resources, and at the top of the page there is a search box that says, "Search MedlinePlus." *(Point out the search box.)* Depending on what type of information we want to find, we will click on one of the headings on the left. Also notice the yellow tab on the right side that says "español" which translates the site into Spanish.

We will start with Health Topics. *(Click on Health Topics.)* There are two sections on this page. If you know the name of the medical topic you are looking for, like the flu or Alzheimer's disease, click on one of the letters at the top. If you want to find out more about a broad topic like cancer or pregnancy, click on one of the group headings on the bottom.

(Ask people to give you a topic to display. If no one has a topic, look up the flu. Click on the first letter of the topic they give you or on F for flu.)

MedlinePlus does not take you to a page that tells you about the flu *(or whatever topic you looked up)*. It gives us a list of links to other pages that will tell us things about our topic. This is how MedlinePlus works.

MedlinePlus divides the links into a number of groups. *(Go over the different headings and some of the links under the headings.)* Some links are also available in Spanish. Some links are also marked as "Easy-to-Read". *(Point to links marked "Also available in: Spanish" and "Easy-to-Read".)*

To get to a page that tells us about our topic we have to click on one of these links. Most of the links take us to other websites. They also pop up in a new window. *(Click on a link to show the pop up window. Show in the Address box and in the webpage header that it is no longer MedlinePlus.)* When you are done with the page the link took you to click on the "x" in the top right corner to close the window.

Let's check out some of the other headings on the homepage of MedlinePlus. We can get back to the homepage in a few ways. We can click on the "Home" tab in the topics bar across the top. We can also click on the big MedlinePlus heading at the top. Many websites have both of these options for returning to the homepage.

Now we are going to look at the Drug Information section. *(Click on the Drug Information heading.)* Like the Health Topics page, we pick the first letter of the topic we want. On this page, some letters of the alphabet have more than one section. Let's look up aspirin. We will click on "An-Az". *(Click on "An-Az" and scroll down.)* We have to scroll down a bit to get to aspirin. There are a number of aspirin choices, but we are going to look at the first one that is just "Aspirin". It has two links which both offer information on aspirin just organized a little bit differently. *(Click on one of the aspirin links and show them the page.)*

Let's go back to the MedlinePlus homepage and look at the Medical Encyclopedia. Let's look up "Fever". Just as we did before, we pick the first letter of the topic we want. *(Click on "F" and then "Fever".)* This Medical Encyclopedia is like a regular book encyclopedia. *(Scroll down the page and point out the various sections.)*

0:50 to 1:05 **Searching for Information on Developmental Disabilities**
(15 minutes)

Purpose Demonstrate finding information specific to developmental disabilities.

Actions ■ Search for Childhood Developmental Disabilities on MedlinePlus

Now let's find some information on childhood developmental disorders. Let's use the search box at the top of the page this time. *(Point out the search box at the top of the page.)*

By typing in our topic in the search box we have found information in a lot of different categories. The list with the folder icons on the left are like a table of contents for the lists on the right. Under the Health Topics folder on the left, we found information under Developmental Disabilities, Autism, Learning Disorders, and so on. Developmental Disabilities sounds most like what we are looking for, so let's click on that link. *(Click on the Developmental Disabilities link. It is the second folder on the left side of the screen.)*

Notice that on the right side it says "Results Page: Prev 1 2 Next". This means that there were a lot of choices and they spread them over two pages.

Let's say that you are totally new to this topic and need to find some general information. Look at your choices on the screen. Pick the link that sounds most like what you are looking for. If I have a new baby that was born with a birth defect and I need to know more information about the baby's condition, I would click on "Birth Defects and Developmental Disabilities (National Institute of Child Health and Human Development)." *(Click on "Birth Defects and Developmental Disabilities (National Institute of Child Health and Human Development)".)*

This website tells us about all kinds of different developmental disabilities. It also has links to more specific information. *(Point out an underlined link.)*

1:05 to 1:25 Searching for Information for Caregivers

(20 minutes)

Purpose Demonstrate finding information for caregivers for children with developmental disabilities.

Actions

- Show how to find caregiver resources
- Show other useful websites

Now we know a little something about finding information about what developmental disabilities are. But there is also some useful information on the Internet for the caregivers of children with disabilities. For example, you may qualify for special programs designed to help families of disabled children. Let's look at that now.

Let's go back to the homepage for MedlinePlus, then type in "childhood developmental disabilities" in the Search box, like we did before.

Now click on the folder for "Show All Health Topics" on the left side of the screen. *(It is the last folder under "Health Topics".)*

Click on the "Disabilities" folder. Unfortunately, the list of folders is not in a particular order. *(It is about the seventh one down on the list.)*

On this page, some links you might want to check out include:

- ◆ Disabilities That Qualify Infants, Toddlers, Children, and Youth for Services under the IDEA (National Dissemination Center for Children with Disabilities), or
- ◆ Summer Camps for Children with Disabilities (National Dissemination Center for Children with Disabilities), or
- ◆ How Can I Make My Special Needs Child's Future Secure? (Administration on Aging), or
- ◆ Benefits for Children with Disabilities (Social Security Administration).

Another website you can use to find information for parents of children with developmental disabilities is General Pediatrics. This website is maintained by a pediatrician who specializes in virtual medicine or providing health information on the Internet. The web address for this website is www.generalpediatrics.com. *(Type www.generalpediatrics.com in the Address box.)*

We will click on "Information for Patients" (on the right side of the page).

Then we will click on "Developmental Disabilities" at the bottom of the first column.

Like MedlinePlus, this website does not tell us about a health topic but gives us links to other websites that do.

There are various links you can click on from this website. A good one to try is Disabilities.gov - Information on U.S. Federal Programs, Services and Resources. (In the first section of resources listed.) *(Click on the link.)*

On the website Disabilities.gov also known as DisabilityInfo.gov, you will need to go a little further to find the information you need.

Click on the “Health” button at the top. Now click on “Children & Youth” on the left side of the screen. This section lists all kinds of resources for parents of children with disabilities.

1:25 to 1:50 Practice Time
(25 minutes)

Purpose Time for participants to practice what they have learned.

Actions

- Give directions for practice time
- Assist participants as they practice
- Follow up with class on successes and problems

Now it is time for you to practice. Everyone take out their In-Class Practice Guide from their folder. We are going to start at the Medline homepage.

Decide what developmental disability you want to know more about. Use the search box at the top of the page or the Health Topics link on the left to find out more about your topic. After about 15 minutes we will talk about the information you found. While you explore I am going to walk around and can answer any questions you have.

If you do not have a particular topic in mind, start your search by typing “childhood developmental disabilities” in the search box like we did before.

Everyone should start by typing www.medlineplus.gov in the Address or Location box.

Walk around and answer questions as needed. (15 minutes) Verify with each student during this time that they know how to go through the steps for finding the information they need.

What were some of the topics that you looked up? (Try to get a few answers.)

(Pick someone who gave you a topic and follow-up with him/her.) Tell us how you found that information. Take us through the steps. (Have the person describe to the class how he or she found the information.)

Did you think the information you found was useful? Do you trust the information on the website? (*In discussing trust of a site items to consider are whose website it is, are there advertisements, etc.*)

(Ask the class about their problems and successes with finding that information.)

**Was the information you found useful?
Did you learn about any new services?
Were there any problems?
What did you do to get around those problems?**

1:50 to 2:00 Wrap up

(10 minutes)

Purpose Wrap up the session.

Actions

- Explain the Take-Home Practice Guide in their packets
- Explain the Resource List in their packets
- Complete the Post-Test
- Thank them for coming

You now have the skills needed for finding information about health topics on the Internet. In order to help you get started with a search when you are on your own, we have put together two worksheets. First is a Take-Home Practice Guide repeats most of what I went over in class today. Second is a Resource List with some websites that will help you find the information you need.

Before you leave tonight we would like for you to fill out an evaluation sheet so we have an idea whether this session was useful and how we can improve on it. Please fill out the Post-Test which is in your packets. When you are done please hand them in and you are free to go.

Thank you all for coming today. I hope you enjoyed the workshop and will use the Internet in the future. We also encourage you to share what you have learned here with family, friends, and colleagues.

Handouts

SAMPLE Agenda

Internet Health Information for Caregivers of Children with Developmental Disabilities

Welcome to our workshop on health information on the Internet. This workshop will provide you with a tour and hands-on practice on health resources. Please share what you learn with friends and family.

Today we will show you how to:

- ◆ Search for useful health information on the Internet;
- ◆ Find community resources on the Internet;
- ◆ Evaluate the information to make sure it is reliable; and
- ◆ Learn new skills to use computers and online resources.

10:30 a.m.	Check in and Meet and Greet
11:00 a.m.	Introduction the Workshop
11:10 a.m.	Introduction to the Internet
12:30 p.m.	Practice Time
1:00 p.m.	Wrap Up

In-Class Practice Guide

Internet Health Information for Caregivers of Children with Developmental Disabilities

Directions:

Decide what disability you want to know more about. Use MedlinePlus to find out more about your topic. After 15 minutes we will talk about what you found.

Questions:

What topic did you look up?

What steps did you take to look up your topic?

Did you learn about any new services?

To begin:

- Type www.medlineplus.gov in the address box and hit Enter.
- On the MedlinePlus home page, type the health topic you would like to look up in the search box and hit Enter.
- If you don't know where to start, type "childhood developmental disabilities" in the search box and hit Enter. Use the links to find more specific information.

Take notes here:

Facts on Developmental Disabilities and Use of the Internet

Internet Health Information for Caregivers of Children with Developmental Disabilities

What are developmental disabilities (DDs)?

- ◆ They are a group of conditions that first show up in childhood.
- ◆ They result from harm to the brain or senses.
- ◆ They can cause troubles in many areas of daily life.

Facts on developmental disabilities

- ◆ 17% of U.S. children have DDs.
- ◆ 1% to 2% of young children have serious DDs. These include mental retardation and deafness.

Facts on Internet use for health info

- ◆ 40% of people with Internet access use it to look for info about health.
- ◆ 70% of parents use the Internet. Looking for health info is one of the most common activities.

Take-Home Practice Guide

Internet Health Information for Caregivers of Children with Developmental Disabilities

Type www.medlineplus.gov in the address box and hit Enter.

- Notice the resources listed on the left side of the screen: Health Topics, Drug Information, Medical Encyclopedia, Dictionary, New, Directories, Other Resources.
- Notice the search box towards the top of the page.

Use the left mouse button to click on Health Topics.

- Click on the first letter of the health topic that you choose.
- Notice that there are links to other websites with more information.
- When you click on one of the links, a new window will open with the webpage you chose.
- When you are done looking at the website you chose, click on the “X” in the upper right corner to close that window and return to the home page. You will return to the Health Topics page.
- Take a few minutes to practice using the Health Topics page.

Questions:

What topic did you look up?

Was it easy to find what you were looking for?

Did you have any problems?

- From the Health Topics page, click on the large MedlinePlus heading at the top of the page. That will take you back to the home page of MedlinePlus.

Use your left mouse button to click on Drug Information.

- Use the down arrow key to move down the page until you find Aspirin. There will be many Aspirin choices but click on the one that only says Aspirin.
- Click on the Aspirin link.
- Notice the kinds of information you can find about a drug.
- From the Drug Information page, click on the large MedlinePlus heading at the top of the page. That will take you back to the home page of MedlinePlus.

Use your left mouse button to click on Medical Encyclopedia.

- To find information about fever, click on the letter “F” and then click on “Fever.”
- Notice the different sections to choose from.
- Click on the large MedlinePlus heading at the top of the page. That will take you back to the home page of MedlinePlus.

Type “childhood developmental disabilities” in the search box and hit Enter. (Do not type in the quotes and make sure there are spaces between the words.)

- Click on the Developmental Disabilities folder on the left side of the screen.
- Click on Birth Defects and Developmental Disabilities (National Institute of Child Health and Human Development).
- Look over this website and click on other links to find more information.

Questions:

Can you explain what a developmental disability is?

What are some examples of developmental disabilities?

If you clicked on a link, what new topic did you look up?

Was anything confusing?

Type www.medlineplus.gov in the address box and hit Enter.

- Pick a health topic you would like to know more about. Use the skills you have learned to look up a topic.
- If you don't know where to start, type "childhood developmental disabilities" in the search box and use the links to find more specific information.
- Take a few minutes to learn more about a new health topic.

Questions:

What topic did you look up?

What steps did you take to find information on that topic?

Was the information you found useful?

Was the information trustworthy?

Type www.medlineplus.gov in the address box and hit Enter.

- Type "childhood developmental disabilities" in the search box.
- Click on the Show All Health Topics folder on the left side of the screen.
- Click on the Disabilities folder.
- Explore this page.
 - Some links you might want to check out include:
 - Disabilities That Qualify Infants, Toddlers, Children and Youth for Services under the IDEA (National Dissemination Center for Children with Disabilities)
 - How Can I Make My Special Needs Child's Future Secure? (Administration on Aging)
 - Benefits for Children with Disabilities (Social Security Administration)

Questions:

What topics did you look up?

What new services did you learn about that you didn't know about before?

Type www.generalpediatrics.com in the address box and hit Enter.

- Click on Information for Parents on the right side of the screen.
- Click on Developmental Disabilities.
- Click on Disabilities.gov - Information on U.S. Federal Programs, Services and Resources.
- Click on the Health button.
- Click on Children and Youth.
- Take a few minutes to look at the links that are listed on this page.
- Click on a link that you find interesting.
- Take a few minutes to explore the new website you found.

Questions:

What website did you visit?

What did you learn from that website?

Facts on Developmental Disabilities and Use of the Internet

Internet Health Information for Caregivers of Children with Developmental Disabilities

What are developmental disabilities (DDs)?

- ◆ They are a group of conditions that first show up in childhood.
- ◆ They result from harm to the brain or senses.
- ◆ They can cause troubles in many areas of daily life.

Facts on developmental disabilities

- ◆ 17% of U.S. children have DDs.
- ◆ 1% to 2% of young children have serious DDs. These include mental retardation and deafness.

Facts on Internet use for health info

- ◆ 40% of people with Internet access use it to look for info about health.
- ◆ 70% of parents use the Internet. Looking for health info is one of the most common activities.

Websites

Internet Health Information for Caregivers of Children with Developmental Disabilities

MedlinePlus

It has info on most health topics.

www.medlineplus.gov

The U.S. Department of Health and Human Services

This is the United States' agency for protecting health.

www.hhs.gov

Centers for Disease Control and Prevention

The CDC works to prevent and control all types of health threats.

www.cdc.gov

eMedicine

It contains articles on diseases written by doctors.

www.emedicine.com

KidsHealth

It has health info about children. There are areas for kids, teens, and parents.

www.kidshealth.org

National Center on Birth Defects and Developmental Disabilities

This website gives info about birth defects and disabilities.

www.cdc.gov/ncbddd/

DisabilityInfo.gov

This website has info for people with disabilities. It also has info on aid programs.

www.disabilityinfo.gov

National Dissemination Center for Children with Disabilities

NICHCY has info about disabilities. It covers birth to age 22. It has specialists who answer questions. They can refer you to info for your state.

www.nichcy.org

Virginia Board for People with Disabilities

VBPD is for the disabled in Virginia. Learn about help in a variety of areas.

www.vaboard.org

Maryland Developmental Disabilities Council

MDDC provides info about help for the disabled in Maryland.

www.md-council.org

The HSC Pediatric Center

The Center helps children with disabilities in Washington, DC.

www.hfscsite.org

PIA

PIA trains people to use the Internet to find health info.

www.piaadvocates.org

Pre-Test
**Internet Health Information for Caregivers of Children with
Developmental Disabilities**

Date: _____ **Location:** _____

Please answer these questions as best you can **before** the training session begins.

1. Have you used the Internet (or “Web”) before? Yes _____ No _____

2. If Yes, what have you used the Web for?

3. Do you know where you can access the Web if you do not have access at home?
Yes _____ No _____

4. If Yes, where can you access the Web?

5. How confident are you that you can find reliable info about health topics on the Web?

Not Confident 1 2 3 4 5 Very Confident

6. Which of these things means that a webpage could be biased?
 - a. advertisements on the website
 - b. the web address ends with “.gov”
 - c. references are listed at the bottom of the webpage
 - d. the website is sponsored by a national medical group (for example, the American Medical Association or the American Diabetes Association)

7. Name an online source for health info:

8. Have you ever used the Web to find info about your child’s disabilities?
Yes _____ No _____

9. If Yes, what websites have you used?

10. Name a government program that helps parents of children with disabilities.

Post-Test
**Internet Health Information for Caregivers of Children with
Developmental Disabilities**

Date: _____ **Location:** _____

Please answer these questions as best you can **after** the training session.

1. Have you used the Internet (or “Web”) before? Yes _____ No _____
2. If Yes, what have you used the Web for?

3. Do you know where you can access the Web if you do not have access at home?
Yes _____ No _____
4. If Yes, where can you access the Web?

5. How confident are you that you can find reliable info about health topics on the Web?

Not Confident 1 2 3 4 5 Very Confident
6. Which of these things means that a webpage could be biased?
 - a. advertisements on the website
 - b. the web address ends with “.gov”
 - c. references are listed at the bottom of the webpage
 - d. the website is sponsored by a national medical group (for example, the American Medical Association or the American Diabetes Association)
7. Name an online source for health info:

8. Have you ever used the Web to find info about your child’s disabilities?
Yes _____ No _____
9. If Yes, what websites have you used?

10. Name a government program that helps parents of children with disabilities.
