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## Cognitive Age and Usability of Health Website among Older Adults

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### Abstract

Chronological age is widely used in the literature as an objective measure. Age is more than a physical state; it is also a state of mind. Cognitive age refers to how a person perceives their age to be. Evidence has shown that attitudes and behaviors to the use of technology are critically linked with the user's age. Older adults are the fastest growing internet users. There are barriers to the usability of technology among adults. The purpose of this paper is to describe whether cognitive age has an effect on the usability of health web site among older adults. Sixty-six percent of the older adults in the study perceived themselves at ten or more years younger than their actual age. Those who perceive themselves more than 20 years younger have the highest usability score. This study suggested that older adults who perceive themselves younger found a health web site usable.

### Keywords

Cognitive age, Chronological age, Usability, Older adults, African-Americans, Heart failure

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