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| Security Method | Description of Method | Pros | Cons |
| Password Protection/ account creation | Users must enter a password to access the website or they will have to make an account to enter the website. | Familiar to most users. Provides basic security. | Can be forgotten or easily guessed. Some elderly users may struggle with password management. |
| Two-Factor Authentication (2FA) | Requires users to provide a second form of identification (e.g., SMS code, email confirmation) in addition to a password. | Adds an extra layer of security. Can be configured to be user-friendly. | Requires users to have access to a secondary device or method of communication, which may be challenging for some elderly users. |
| Biometric Authentication | Uses unique physical characteristics (e.g., fingerprints, facial recognition) to authenticate users. | Convenient and difficult to replicate. Doesn't require users to remember passwords. | May be more expensive to implement. Some elderly users may have difficulty with the technology or be uncomfortable with biometric data. |
| CAPTCHA | Presents users with a challenge to prove they're human (e.g., identifying objects in images). | Effective in preventing automated attacks. Can be implemented with various levels of difficulty. | May be confusing or frustrating for elderly users, especially those with vision or cognitive impairments. |
| Activity Monitoring | Tracks user behaviour on the website to detect suspicious activity. | Can identify unusual patterns or unauthorized access quickly. | May raise privacy concerns among users, especially if not clearly communicated or if data is mishandled. |

Best Method: Two-Factor Authentication (2FA) is considered the best method as it adds a significant layer of security without being overly complicated for most users. It balances security and usability relatively well.

Worst Method: Biometric Authentication may be considered the worst method for elderly care websites due to potential difficulties with technology adoption and concerns about privacy and consent related to biometric data.