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THE OTAGO HOME EXERCISE PROGRAM FOR BALANCE IN THE ELDERLY

SUMMARY

Background : Globally, the elderly population is predicted to continue to increase from year to year. The world's population is currently in the era of an (ageing population) with a population aged 60 years and over exceeding 7% of the population, this very rapid growth of the elderly is also predicted to occur in Indonesia. With age, there is a lot of physiological decline that occurs in the body, especially those affecting balance control. If this happens, balance control is not good for the elderly, how to overcome this need balance training which aims to improve body balance, muscle strength in the lower limbs and improve the vestibular system. One of the types of balance exercises that can be done is The Otago Home Exercise Program. ***Objective*** : Provide information to physiotherapy practitioners and physiotherapy students about balance and exercises in The Otago Home Exercise Program and increase knowledge. ***Methods*** : The method used in the KIE media is booklet as an information medium as well as a health promotion media. ***Result*** : This booklet KIE media will be disseminated to physiotherapy practitioners and physiotherapy students so that it can be used as a guide and alternative interventions in handling balance in the elderly. ***Conclusion*** : The booklet can be used as a medium of information, education to overcome balance in the elderly through the exercise of The Otago Home Exercise Program which can be done 3 times a week for 4 weeks in the morning. ***Keywords*** : Elderly, The Otago Home Exercise Program, Balance, Booklet.