

BRAIN GYM EXERCISE (GLO) AND ART THERAPY TO MAINTAIN COGNITIVE FUNCTION FOR ELDERLY

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SUMMARY

Background: The older the elderly, the more complaints they feel. All systems that work in the body tend to decline, including the brain. Cognitive function is therapy that can be given to maintain cognitive function in the elderly, namely Brain Exercise (GLO) and *Art Therapy*, where GLO exercises can optimally activate and stimulate the left and right brain, lighten or execute the back of the brain and the front of the brain, stimulating emotionally without a special time. While art therapy can express feelings, help with physical rehabilitation, have a positive influence on mood and emotional conditions, improve memory, and maintain cognitive function so that an output project of Information and Education Communication (IEC) media is needed on exercise for the brain (GLO) *Art Therapy*. **Objectives:** As a medium for physiotherapy education in the elderly by maintaining good cognitive function. **Methods:** the method used is using IEC media, namely booklets which are predicted as the implementation of health promotion that can be used as a reference by physiotherapists and physiotherapy students. **Results:** IEC media in the form of booklets containing GLO exercise and art therapy to maintain cognitive function can be distributed directly to the elderly or elderly posyandu cadres and social organizations. **Conclusion:** as a medium of promotion, information and education for the community, especially for the elderly.

Keywords: Brain Training Motion Gymnastics (GLO), *Art Therapy*, Elderly, Cognitive Function.