

**GIVING DUAL TASK TRAINING IMPROVE
POSTURAL BALANCE IN THE
ELDERLY**

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SUMMARY

Background: *As time goes by a person will be in the elderly phase, increasing age will be accompanied by the appearance of a decrease in body functions, there will be a decrease in physical activity in the elderly which contributes greatly to a decrease in the composition and function of soft tissues in the body, one of which is the musculoskeletal system. The musculoskeletal system that occurs in the aging process is reduced muscle mass, myofibril degeneration, tendons become constricted and muscle atrophy. Where these anatomical changes have an impact on decreasing muscle strength which results in a decrease in the ability of the elderly to maintain body postural balance.* **Objective:** *Increasing knowledge, especially for physiotherapist and the general public about giving dual task training exercises to improve postural balance in the elderly.* **Method:** *The method used uses KIE media, namely booklets, Booklets were chosen as KIE media because they have several advantages. The booklet was made taking into account the guidelines from ‘Aisyiyah University Surakarta.* **Result:** *KIE print media in the form of booklets can be distributed directly to physiotherapists and the general public.* **Conclusion:** *As a medium of promotion, information and education to physiotherapists and the general public about “Giving Dual Task Training Improve Postural Balance In The Elderly”.*

Keyword: *Dual Task Training, Postural Balance, Elderly.*