

# ***GIVING OF FUNCTIONAL BILATERAL COORDINATION TRAINING IN THE ELDERLY***

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## ***SUMMARY***

***Background:*** *Elderly is the final stage of the human life cycle which will certainly experience changes both physically and mentally. The elderly group will experience an aging process that has an impact on changes in body structure. An elderly person may have one or more limitations in carrying out their daily activities. Coordination as an aspect of physical fitness is a complex entity that allows a person to use the neuromuscular and kinesthetic senses of the body to perform exercises successfully and accurately. In another view, one of the main components of coordination ability is balance.* ***Purpose:*** *to educate about functional coordination exercises in the elderly.* ***Method:*** *providing educational counseling in the form of booklet media to the elderly.* ***Result:*** *IEC print media in the form of booklets can be distributed directly to the elderly.* ***Conclusion:*** *as a medium of promotion, information and education to the elderly about education on the Effect of Bilateral Coordination on Functionalism in the Elderly.*

*Keywords:*

*Elderly, Bilateral Coordination, Functional.*