

# APPLICATION OF DUAL TASK TRAINING TO IMPROVE COGNITIVE FUNCTION IN THE ELDERLY

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## SUMMARY

**Background:** *The elderly experience a decrease in cognitive function due to the aging process, which can cause difficulty in remembering, thinking, and carrying out daily activities. One physiotherapy approach that can be used to improve cognitive function is Dual Task Training.*

**Objective:** *Providing education through video media on how to improve cognitive function of the elderly using Dual Task Training exercises, as well as introducing this intervention as a medium of educational information communication (KIE) for the community and health workers.* **Methods:** *KIE media in the form of educational videos were made based on literature reviews and scientific journals. The video displays motor and cognitive exercise movements simultaneously. The video was tested on 3 elderly respondents and 1 elderly family respondent in Kragilan Village, Sragen.* **Conclusion:** *Dual Task Training video media is easy to understand and is considered useful in increasing knowledge and becoming an exercise guide for the elderly. This video is effective as an KIE media in health promotion and physiotherapy education.*

**Keywords:** *Elderly, cognitive function, Dual Task Training, physiotherapy, educational video*