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## **GAZE STABILITY EXERCISE AND BRAIN GYM FOR IMPROVEMENT OF COGNITIVE FUNCTION IN THE ELDERLY**

### **SUMMARY**

**Background:** *The elderly is a condition that happens in human life, this process takes place throughout life, not only beginning at certain time but beginning with life. Asia's world's oldest population in the world has a record of 703 million seniors worldwide. The elderly in Indonesia in 2019 reach 25.64 million elderly. Age-related risks in older people are the degeneration of biological function, one of which changes in the nervous system can manifest in degenerative cognitive function. Exercises that can be used to improve cognitive function are gaze Stability Exercise and brain gym. Based on these matters the writer wants to make a booklet with the title "Gaze Stability Exercise and Brain Gym for Improvement of Cognitive Function in the Elderly".* **Objective:** *to inform the public especially elderly about vocational training programs gaze Stability Exercise and brain gym to increase cognitive function in the elderly.* **Methods:** *The method used was kie media of booklet as a tool to increase cognitive function in the elderly by using gaze stability exercise and brain gym.* **Result:** *KIE media of booklet should be on the air to the elderly, elderly cadre and physiotherapy as a source of information for enhanced cognitive function in the elderly.* **Conclusion:** *After the creation and publication of the kie products of booklet can add to knowledge, information and awareness of people especially the elderly about exercises that can be performed to increase cognitive function and prevent significant deductions in cognitive function.*

**Keywords:** *Gaze Stability Exercise, Brain Gym, Cognitive Function, Elderly*