

Summary

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Land Exercise Therapy Increassion Balanced In Elderly

Summary

Background: Older age in the world is increasing as a result of increasing life expectancy and decreasing mortality. The percentage of Indonesia's elderly population has approximately doubled in 2018, the proportion of elderly people reached 9.27% or around 24.49 million people. The process of aging occurs with events in the nervous system, muscles and other tissues. One of the anatomical changes in the musculoskeletal system that occurs during the aging process is the reduction in muscle mass, degeneration of myofibrils, shrinkage of tendons, and muscle fiber atrophy. These anatomical changes have an impact on decreasing muscle strength. Muscle strength is a major component of body balance. Balance can also determine an ability to maintain proper body position while performing movements in accordance with the current circumstances. **Objective:** To provide media education and information containing an intervention program on land exercise therapy as a reference to improve balance in the elderly. **Methods:** The method used is using communication information and education, namely pocket books as a tool to increase the knowledge and skills of village midwives, posyandu cadres, and the elderly in improving the balance of the elderly. **Result:** This pocket book communication information and education media will be distributed to village midwives, posyandu cadres, and the elderly as a new one that is easy, practical and can be stored in a pocket. **Conclusion:** To provide media education and information to village midwives, posyandu cadres and the elderly and make it easier to do Land Exercise Therapy.

Keywords: *Elderly, Posyandu Cadre, Pocket Book, Land Exercise Therapy*