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Gaze Stability Exercise untuk Mencegah Risiko Jatuh pada Lansia

SUMMARY

Background: Globally, the elderly population will be increasing from year to year. During a period of nearly 50 years (1971-2018), the proportion 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 proportion of elderly in Indonesia is dominated by young elderly (age group 60-69 years) whose percentage reaches 63.39%, the rest are middle elderly (age group 70-79 years) of 27.92%, and elderly people (age group > 80) of 8.69%. As they get older, the elderly have a lot of decrease in body physiology, especially that affecting control balancer in body such as decreased muscle strength and changes in body posture. Previous studies have stated that falling accident to elderly in several countries including Indonesia is very injure to their health whether they had experience falling with or without loss of consciousness. The prevalence had repeated falls increase in Indonesian elderly at each period. Physiotherapy can have an important to fix or increase the body balance and prevention risk of falling in elderly. Gaze Stability Exercise is an exercise based on ability that showed by vestibular system to modification the magnitude of vestibulo-ocular reflexes (VOR) to respond input that hasbeen given and it also as safe exercise for the elderly. **Objective:** Knowing the Gaze Stability Exercise to prevent the risk of falling for the elderly through the development of KIE (Communication, Information and Education) media, that is a pocket book output. **Methods:**The method that used is KIE media, that is a pocket book as a source of information on Gaze Stability Exercise to prevent the risk of falling in elderly. **Result:** KIE Media as pocket book, expected to be a source of information for print and electronic media in the form of e-books as a promotional and preventive effort to prevent the risk of falling in elderly. **Conclusion:** KIE Pocket Book as a information media tto the wider community, and as guidelines for physiotherapy health workers and physiotherapy students about efforts to prevent the risk of falling with Gaze Stability Exercise.

Keywords: Elderly, Physiotherapy, Balance, Risk of Fall, Pocket Book, Gaze Stability Exercise, Time Up and Go Test.