

***ELASTIC-BAND AND RESISTANCE TRAINING
MODIFIED OTAGO EXERCISE PROGRAMME TO REDUCE THE RISK OF
FALLS IN ELDERLY***

SUMMARY

Background: Based on the Indonesian Central Bureau of Statistics (2019), in almost five decades, the percentage of elderly people in Indonesia has doubled (1971-2019), namely to 9.6% (25 million people) where the elderly are women around 1% more than the male elderly (10.10% vs 9.10%). Of all the elderly in Indonesia, young elderly (60-69 years) dominate with a magnitude of 63.82%, followed by middle elderly (70-79 years) and elderly (more than 80 years) with their respective magnitudes. -27.68% and 8.50% respectively. The aging process accompanied by mental changes in the elderly causes more than 10 times the risk of falling than young adults and middle-aged people. Fall is often experienced by the elderly. Many factors cause the elderly to fall, both intrinsic factors such as gait disorders and extrinsic factors such as drugs consumed and the environment. Impaired risk of falls can be overcome with Elastic-band Resistance Training and Modified Otago Exercise Program, where Elastic-band Resistance Training can increase muscle strength in the elderly, can rehabilitate injuries and functionally in elastic band exercises, can also reduce the risk of falls in the elderly, Modified Otago Exercise Programme can reduce the risk of falls in the elderly, improve balance, and increase the strength of the lower extremities performed after exercise. ***Purpose:*** Knowing and making Communication Information and Education (KIE) media about Elastic-band Resistance Training and Modified Otago Exercise Program to reduce the risk of falls in the elderly. ***Methods:*** The method used is using KIE media, namely booklets as a tool to determine the Elastic-band Resistance Training program and the Modified Otago Exercise Program to reduce the risk of falls in the elderly. ***Result:*** The KIE Booklet media will be distributed to the elderly and elderly posyandu cadres as an easy and practical guide in doing the exercises. ***Conclusion:*** As a medium of education and information for the elderly and elderly posyandu cadres and a tool to reduce the risk of falling for the elderly.

Keywords: Risk of Fall, Booklet, Elastic-band Resistance Training and Modified Otago Exercise Programme