

BRAIN GYMNASTICS TO IMPROVE THE COGNITIVE FUNCTION OF THE ELDERLY WHO EXPERIENCE DIMENSIONALITY THROUGH VIDEOS NGIJO VILLAGEKARANGANYAR DISTRICT

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SUMMARY

Background; Old age is a term for someone who has entered the period of old age. Where there is a gradual deterioration of physical and psychological . This aging process is a life cycle characterized by stages of decline in various functions of body organs, which are characterized by the increasingly vulnerable of the body to various disease attacks that can cause death for example in the cardiovascular system and blood vessels, respiratory, digestive, endocrine and so on. **Method;** Provides information about the benefits of brain gymnastics on cognitive function in the elderly. One of the print media that can be used is video. Video is a tool or educational media that can show back movements, messages using certain effects so as to strengthen the learning process and can attract the attention of the audience. Video media relies on hearing and sight of the target. **Result;** Can teach families who do not know how to improve cognitive function with brain gymnastics. **Conclusion;** Media videos challenging brain gymnastics can provide information and increase knowledge about dementia and how to improve cognitive function.

Keywords : Elderly, Dementia, Video