

## **PREVENTION AND TREATMENT OF SARCOPENIA FOR ELDERLY PATIENTS**

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### **SUMMARY**

**Background:** Sarcopenia in the elderly is characterized by decreased muscle mass along with decreased muscle strength or physical performance, so muscle mass is a reliable predictor of this condition. Elderly people who experience significant muscle mass loss face critical problems that can reduce their physical abilities and functional activities, which ultimately leads to a decrease in their overall quality of life.

**Objective:** To improve knowledge for the elderly and physiotherapy students about the prevention and treatment of sarcopenia in the elderly. **Method:** The method used is KIE media, namely Booklet. Booklet were chosen as KIE media because they have several advantages. The creation of Booklets takes into account the guidelines from the 'Aisyiyah Surakarta University. **Results:** KIE print media in the form of Booklet can be distributed directly to the elderly or online to the wider community and students.

**Conclusion:** Booklets can be used effectively for promotion, information, and education for the elderly and physiotherapy students regarding the prevention and treatment of sarcopenia in the elderly.

**Keyword:** Booklet, KIE, Sarcopenia