

**IMPLEMENTATION OF BRAIN GYM IN IMPROVING COGNITIVE FUNCTION  
IN THE ELDERLY IN JOYOTAKAN RT 06 RW V SERENGAN  
KOTA SURAKARTA**

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*ABSTRACT*

**Background:** *As people get older, elderly people often cannot accept the changes and setbacks they experience. The changes that occur are not only physical changes but also cognitive, sexual and social changes. Decreased brain function can cause diseases such as delirium, dementia, psychological and nervous disorders. Non-pharmacological therapy to prevent cognitive decline in the elderly is an intervention that includes Cognitive Rehabilitation Therapy (CRT), one of which is activity therapy such as brain gym.* **Purpose:** *To determine the effectiveness of implementing brain exercises to improve cognitive function in the elderly in Kelurahan Joyotakan RT 06 RW V Kecamatan Serengan Kota Surakarta.* **Method:** *Implementation was carried out using a descriptive case study method on clients who experienced impaired cognitive function in the elderly in Kelurahan Joyotakan RT 06 RW V Kecamatan Serengan Kota Surakarta.* **Instrument:** *Mini Mental State Examination (MMSE) observation sheet.* **Results:** *Based on the results of the implementation, there was an increase in the cognitive level of the elderly in Joyotakan Village RT 06 RW V after the brain exercise was carried out.* **Conclusion:** *There is a difference in the final results of cognitive function scores before and after being given brain exercises for the two respondents, namely that both of them experienced an increase.*

*Keywords: Elderly, Cognitive Function, Brain Gym*