

**EFFECTS BRAIN GYMNASTICS ON COGNITIVE FUNCTION
IN ELDERLY WITH DEMENTIA AT PANTI
WREDHA 'AISYIYAH
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ABSTRACT

Background : *Aging or getting old is on natural process, this process is to be natural and followed by low phisically condition, psycologi and social will be interaction one by other. One of low body system is cognitive or intelectual that call is demensia. Objective :* *To knows the defference cognitive function before or after doing brain gymnastics for older people. Methods :* *The researcher use study kasus method with MMSE (Mini Mental State Examination) to have done. Respondend give to pre test before to do action threee time in a week and closing with post test. Result :* *pre test MMSE, respondend 1 is 20 and respondend 2 is 18 and post test respondend 1 is 24 and respondend 2 is 21. . Conclusion :* *There are difrences cognitive function before and after doing brain gym for post test and pre test such as increase value 3-4 on MMSE.*

Keywords : *Elderly, cognitive function, Brain gymnastics.*