IMPLEMENTATION OF RESISTANCE TRAINING PROGRAM TO PROMOTE COGNITIVE RECOVERY IN THE ELDERLY

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SUMMARY

Background: *Cognitive function will decline with age due to natural changes in information processing speed and memory. The decline in cognitive function will impact emotional, physical health, and daily activities resulting in decreased independence of the elderly. This study developed educational media in the form of a booklet on the Resistance Training Program as a safe and effective physiotherapy intervention to improve the cognitive function of the elderly.* ***Objective:*** *Provide education to the elderly about the importance of improving cognitive function in old age. This education is focused on the application of the Resistance Training Program method.* ***Method:*** *The method used in the development of this paper is an educational approach through booklet media as a health Communication, Information and Education (KIE) tool. The booklet with the title "Implementation of the Resistance Training Program to Promote Cognitive Recovery in the Elderly", which was compiled with guidelines from the University of 'Aisyiyah Surakarta.* ***Results:*** *Printed media in the form of a booklet that can be distributed directly to the elderly.* ***Conclusion:*** *As a promotional, information and education media for the elderly regarding "Implementation of the Resistance Training Program to Promote Cognitive Recovery in the Elderly".*

Keywords: *Cognitive, Resistance Training Program, Elderly*