ABSTRACT

EDUCATION ON THE IMPLEMENTATION OF A COMBINATION OF *SQUARE STEPPING EXERCISE* WITH *TANDEM WALKING* TO REDUCE THE RISK OF FALLS IN THE ELDERLY

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SUMMARY

Background: Aging is a natural phase that causes a gradual decline in the ability of tissues to maintain their normal function. Physiological changes in the musculoskeletal system, such as decreased muscle strength and balance, increase the risk of falls in the elderly. The global prevalence of falls is estimated to reach nearly 684,000 people annually. In Indonesia, the prevalence of falls in the elderly aged 65 years reaches 67.1%, where approximately 30% of elderly living at home experience falls and half experience recurrent falls. **Objective:** To provide education through pocket book media regarding the application of the combination of *Square Stepping Exercise (SSE)* with *Tandem Walking* as a preventive measure to increase awareness and reduce the risk of falls in the elderly. **Method:** This project produces outputs in the form of Communication, Information, and Education (IEC) media in the form of pocket books. The exercise methods used include *Square Stepping Exercise*, which is a stepping exercise in a square pattern to improve dynamic balance, and *Tandem Walking*, which is walking in a straight line with the heel touching the toe to improve quadriceps muscle strength and postural stability. **Results:** The resulting pocketbook educational media can help seniors, their families, and caregivers obtain appropriate exercise information. Based on a review of related journals, the application of *SSE* and *Tandem Walking* has been shown to significantly improve balance and reduce the risk of falls in elderly.

Keywords: Elderly, Fall Risk, Square Stepping Exercise, Tandem Walking.