# AN INTERVENTION USING THE OTAGO BALANCE TEST TO IMPROVE BALANCE IN OLDER ADULTS

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## SUMARRY

**Background:** Older adults are individuals aged 60 years or older who undergo the natural aging process, resulting in a decline in physical, biological, and psychological abilities. Impaired balance in older adults is a common issue associated with the physiological aging process. OEP is an exercise program that combines muscle strengthening, balance training, and walking exercises. A study conducted on 100 older adults showed that implementing the OEP three times a week for three months resulted in significant improvements in static and dynamic balance, muscle strength, and activities of daily living, as well as a reduced risk of falls. **Objective :** to improve postural stability, enhance walking ability, and reduce the risk of falls in the elderly. **Method :** creation of a video describing the implementation of the Otago Exercise Programme for Improving Balance in the Elderly. **Results :** The results of the implementation showed that after watching the educational video on the Otago Exercise Programme, all three elderly respondents understood the material presented regarding the exercises. This was demonstrated by their ability to correctly re-practice the movements that had been taught. **Conclusion :** The audiovisual video " Implementation of the Otago Exercise Programme for Improving Balance in Older Adults " has proven to be an effective educational tool in enhancing older adults' understanding, particularly regarding the implementation of the Otago Exercise Programme.

**Keywords:** Video, OEP intervention, older adults, balance