IMPLEMENTATION OF A COMBINATION OF COGNITIVE AND PHYSICAL EXERCISES TO IMPROVE COGNITIVE AND FUNCTIONAL CAPACITY OF ELDERLY PEOPLE WITH MILD COGNITIVE IMPAIRMENT

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SUMMARY

Background: Elderly individuals reach the age of 60 years and above. This process causes changes in body organs, including physical and psychological changes and a decline in cognitive function. The decline in physical function that occurs includes slow walking speed, poor endurance, and muscle weakness, as well as a decline in cognitive functions such as memory and thinking ability. Mild Cognitive Impairment most often affects episodic memory, resulting in difficulty remembering recent events and information. Cognitive function and functional capacity are key metrics in older adults. **Objective:** To create a Communication, Information, and Education (IEC) medium on "Implementing a Combination of Cognitive and Physical Exercises to Improve Cognitive and Functional Capacity in Elderly People with Mild Cognitive Impairment." **Method:** The method used IEC media, namely video, as a tool for promotion and information to the public. **Results:** The IEC media in the form of video was distributed on YouTube to elderly people with mild cognitive impairment or guardians of elderly people with mild cognitive impairment. Conclusion: IEC media is used for communication, information, and education for elderly people regarding the Combination of Cognitive and Physical Exercises.

Keywords: cognitive, physical, elderly, mild cognitive impairment

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