IMPLEMENTATION OF TASK-ORIENTED FUNCTIONAL TRAINING TO IMPROVE MOTOR FUNCTION IN POST-STROKE ELDERLY PATIENTS

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Background: Aging in the elderly is a physiological process characterized by a gradual decline in body functions, including decreased muscle strength, joint flexibility, coordination, and balance. These conditions make the elderly more susceptible to various degenerative diseases, one of which is stroke. This condition leads to reduced independence and increased dependence on others. In addition, it may also have psychological impacts, such as decreased self-confidence, anxiety, and depression. Therefore, effective rehabilitative interventions are needed to improve motor function. One approach that can be used is *task-oriented functional training*, which is a training method based on functional activities that resemble daily tasks and is carried out in a structured and repetitive manner. **Objective:** This study aims to improve motor function and independence in post-stroke elderly patients and to enhance understanding through video-based Information, Communication, and Education (ICE) media. **Methods:** The method used involves the implementation of *task-oriented functional training* tailored to the patient's abilities and supported by video-based ICE media. **Results:** The results indicate that this training can improve muscle strength, coordination, and postural control, while the video media helps enhance understanding of the exercises provided. **Conclusion:** *Task-oriented functional training* supported by video-based ICE media is effective in improving motor function, independence, and understanding in post-stroke elderly patients.