TANDEM WALKING EXERCISE TO MAINTAIN BALANCE DYNAMICS FOR THE EDERLY THROUGH VIDEO MEDIA

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SUMMARY

Background: *Older adults are a population at risk for balance disorders, which can increase the risk of falls leading to physical injury, a reduced quality of life, and dependence in daily activities. The prevalence of falls among older adults worldwide is 26.5%, while in Indonesia it ranges from 31% to 48%. One non-pharmacological approach that can be used to improve dynamic balance is the tandem walking exercise, which involves walking in a straight line while alternately touching the toes of one foot with the heel of the other.* ***Objective:*** *To produce informational and educational communication media in the form of an engaging animated video aimed at providing information to the public, particularly the elderly.* ***Methods:*** *This media was developed using CorelDraw, Al Gemini, Al Hailuo, and Capcut through the planning stage.* ***Results:*** *An animated video lasting 4 minutes and 31 seconds with a file size of 162 MB. The video contains information regarding the definition, benefits, objectives, and steps for performing the tandem walking exercise, presented through a combination of engaging images, animations, text, and audio.* ***Conclusion:*** *The video titled "Maintain Balance in Old Age with Tandem Walking Exercises" can serve as an informational resource and help increase older adults' motivation to improve their balance independently.*

Keywords: *Older Adults, Dynamic Balance, Tandem Walking Exercise,*