

ELDERLY POSYANDU EMPOWERMENT TO CREATE ELDERLY ACTIVE AND INDEPENDENT

by ELDERLY POSYANDU EMPOWERMENT TO CREATE ELDERLY ACTIVE AND INDEPENDENT

ABSTRACT

The objective of forming an elderly Posyandu is broadly to increase the reach of elderly health services in the community, so that health services are formed that suit the needs of the elderly and can bring services closer together in order to increase the participation of the community and the private sector in health services as well as improve communication between the elderly. The PPM activity method is carried out by counseling and training based on optimizing the elderly Posyandu with several activities carried out such as counseling related to clean and healthy living behavior, counseling for elderly caretakers, and joint elderly gymnastics. At the beginning of counseling the elderly are given a test first to determine the initial condition of physical fitness and spiritual condition experienced by the elderly, then training is given to find out the results of training on increasing physical fitness and managing stress in the elderly. The main target audience for this activity is the elderly who are included in the elderly posyandu association in Seloboro Village, Salam District, Magelang Regency, totaling 50 people.

Based on the implementation of the Community Service Program activities that have been carried out, it can be concluded that as a whole it was carried out well and in accordance with the plans that had been made. This activity received extraordinary appreciation from the administrators and groups of elderly people in the village of Seloboro Village, Salam District, Magelang Regency. The elderly participated in a series of outreach, counseling and measurement tests as well as joint elderly exercise, which was followed by discussions and lectures related to the elderly living an active and independent life. There are some elderly who do not take part in a series of events so that some of these elderly do not know the knowledge presented by the presenters

Kata Kunci: *Elderly, Active, Independent*